The Magazine for Food Enthusiasts

Issue 10

TASTE®

Recipes, Culinary Secrets, and Non-credit Courses from The Culinary Institute of America®

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On the Cover: Try our tasty t'ings, from *Chocolates and Confections at Home.* See page 63.

To Enroll or Order

Call 1-888-995-1699 or visit www.ciachef.edu/enthusiasts

It's a Matter of *TASTE*

I'm a firm believer in the power of chocolate. And if the tempting cover shot of t'ings from the new CIA *Chocolates and Confections at Home* got you to pick up this issue of *TASTE*, I couldn't be more thrilled. Exciting things are happening at the CIA, and we can't wait to tell you all about them.

Our campuses are expanding, our chefs are publishing more than ever before, and our course list is growing every day. The new Spice Islands Marketplace is now open at Greystone and features a Flavor Bar and the Oleoteca® Villa Campestri, a one-of-a-kind opportunity to taste the world's best olive oils. As always, the Marketplace offers the exceptional products and service you've come to love. There's even a chocolate laboratory right next door! At the CIA, San Antonio, we're eagerly anticipating the fall 2010 opening of a brand-new building with four professional kitchens, which means more classes for foodies are in the works in Texas. And in Hyde Park, we're introducing a series of new Wine Explorations classes. (Why should California students have all the fun?)

All the while, our chefs and staff have been busy working with the CIA Publishing Department to share their recipes and expertise with consumers and professionals–and new books mean new Taste of CIA Cookbooks classes (Chocolates and Confections at Home, anyone?). So whether your passion is Italian cuisine or wine or, yes, chocolate, it's here for you to explore at the CIA.

Laura Pickover '95, Director of Food Enthusiast Programs

Boot Camp: The Perfect Honeymoon for Foodies

Jill and Rob Hoppin of Alexandria, VA first met six years ago, when they were both working in Washington, DC. He was on the payroll of then-Senate Majority Leader Bill Frist (R-TN) and she was a staff member for Sen. John Warner (R-VA). After dating for five years and becoming engaged, they had the wedding of their dreams on October 3, 2009. The next day, Rob and Jill drove north to Hyde Park for their honeymoon at CIA Boot Camp.

ROB: We initially got the idea from a CBS *Sunday Morning* piece on cooking schools in Italy. So that was one of the ideas we were always batting around for our honeymoon. We did some research and decided that the CIA was the right place because of its reputation: it's the best in the world. My experience with taking cooking classes elsewhere is that you get stuck with a chef who tells you to peel a head of garlic but doesn't give you any more information. At the CIA, the class is a lot more substantive and intensive.

JILL: We both were foodies before we met, but when we got together we probably took it to the next level. I'm more of the sous chef and Rob takes the lead in creating dishes and trying out new recipes. We cook a lot together and we love the whole experience of cooking–and drinking wine and having cheese at the same time. It's the joy of it, really. Working together in the kitchen is great, because it's nice to share the same interests with someone else. In the kitchen there's a lot of "will you hand me this, will you do that." It's communication and teamwork.

ROB: It's a fun thing to do. You come home from work and it's something you can immediately start to do together. That for us is unwinding.

JILL: We get a lot of our recipes from *Cook's Illustrated* and we own a lot of CIA cookbooks.

ROB: We didn't have any concerns about Boot Camp at first, but then we found out that class started on Monday at 6 a.m. and ended at about 4:30 p.m., and then there was dinner at one of the campus restaurants from 6:30 to 10:30 p.m. So our initial thought was, "Oh, my gosh! What have we gotten ourselves into? That's a 16-hour day." We were initially concerned, but it turned out okay.

JILL: It was difficult at first to find my way around the classroom kitchen. And then there were some of the recipes, which I had never made before.

ROB: We came here without a lot of the cooking fundamentals, and that structural understanding, so we had to follow the recipes. In Boot Camp you are encouraged to improvise, and that was sort of hard for us to let go and just enjoy it. Chef DeShetler definitely pushes you to do that. You're not here to read recipes; you're here to learn how to cook. The way he teaches helps you to do that.

JILL: The dish I was most proud of making this week was a fruit tart galette.

ROB: Mine was a saffron risotto with prosciutto. While I do risottos at home, this was the best one I've made.

JILL: We were not on the same team. The chef separated us. He does that, he said, so that when we go home we have that much more knowledge because we're cooking different menus.

ROB: But our workstations were right next to each other [laughs].

JILL: The Boot Camp skill that I'll bring home with me is knife skills: chopping and learning how to properly slice fruits and vegetables. I also picked up some of the tricks of the trade, like heating up the spices before making the marinade so the protein will absorb it better.

ROB: CIA Boot Camp is in line with vacations we have taken in the past. We've gone to the Food and Wine Festival in Aspen with friends several times. It's an interest we share and that interest and knowledge has certainly grown with our relationship. For those considering Boot Camp, you've really got to love it and be prepared to work hard. But it's a huge payoff. My advice is to take the next week off [laughs].

THE WORLD'S PREMIER CULINARY COLLEGE

The Culinary Institute of America (CIA) is the recognized leader in culinary education for undergraduate students, foodservice and hospitality professionals, and food enthusiasts. The college awards bachelor's and associate degrees, as well as certificates and continuing education units, and is accredited by the prestigious Middle States Commission on Higher Education.

Founded in 1946 in downtown New Haven, CT to provide culinary training for World War II veterans, the college moved to its present location in Hyde Park, NY in 1972. In 1995, the CIA added a branch campus in the heart of California's Napa Valley–the CIA at Greystone. The college continued to grow, establishing the CIA, San Antonio branch campus in Texas in 2008.

THE HYDE PARK CAMPUS

Courses for food enthusiasts, bachelor's and associate degree programs, programs for industry professionals

Our main campus in New York's scenic Hudson River Valley offers students all the top facilities: 41 professionally equipped kitchens and bakeshops; five award-winning, student-staffed restaurants; culinary demonstration theaters; a dedicated wine lecture hall; a center for the study of Italian food and wine; a storeroom brimming with the finest ingredients (including many sourced from the bounty of the Hudson Valley); herb gardens…the list goes on. In addition, you'll be inspired by the knowledge, leadership, and energy of our food-centric community of chefs, all helping to shape the future of food.

THE GREYSTONE CAMPUS

Courses for food enthusiasts, programs for industry professionals, associate degree programs, certificate programs

At the CIA at Greystone, located in St. Helena, CA, you'll benefit from the opportunity to cook in our professionally equipped kitchens; participate in lectures and demos in our demonstration theaters; and dine in our Ivy Award-winning restaurant. And you can enjoy shopping and tasting at our new campus store, Flavor Bar, and Oleoteca®. As a student at Greystone, you will be invigorated by the energy of a vibrant community of accomplished food and wine professionals who gather at the Napa Valley campus. Over the years, the CIA at Greystone has established itself as a culinary "think tank," with dedicated on-campus centers for flavor development, professional wine studies, and menu research and development.

COOKING DEMOS AND TOURS AT GREYSTONE

Get a taste of what professional and aspiring chefs learn at the CIA–take in a cooking demonstration! You'll enjoy an hour-long demo and tasting featuring the seasonal flavors of California Wine Country. Just go to **www.ciachef.edu/enthusiasts/cookingdemos** to sign up.

Cap off your day at Greystone by joining us for a 30-minute tour of the historic main building and other campus highlights. Reserve your spot online or call 707-967-2320. You may also purchase your ticket at the campus store on the day of the tour.

Take a Tour in Hyde Park

If you're planning a visit to the Hudson Valley, why not add a tour of our breathtaking Hyde Park, NY campus to your itinerary? On our fun and informative student-led tours, you'll learn all about the CIA, see our students and faculty in action, and experience the passion for food and commitment to excellence that makes the CIA a one-of-a-kind destination.

Public tours are conducted on Monday at 10 a.m. and 4 p.m., and Tuesday–Friday at 4 p.m. when the college is in session. Cost is $6 per person. Reservations are required—call **845-451-1588.**

THE CIA, SAN ANTONIO CAMPUS

Certificate program, courses for food enthusiasts, programs for industry professionals

The Culinary Institute of America, San Antonio offers a 30-week certificate program in culinary arts as well as courses for food professionals and enthusiasts. Located on the site of the former Pearl Brewery near downtown San Antonio, the campus is opening expanded facilities in fall 2010, including four state-of-the-art kitchens, a bakeshop, an outdoor kitchen, and a demonstration theater. Through its research arm–the Center for Foods of the Americas–the CIA, San Antonio explores authentic Latin flavors and culinary traditions by conducting research initiatives and conferences for industry professionals.

EXCEPTIONAL FACULTY

No matter which CIA program you choose, one thing is certain–you'll have the unequaled experience of learning from skilled and passionate instructors who know the food and wine world inside and out. CIA faculty members bring a vast breadth and depth of foodservice industry experience and insight to your culinary learning. They've worked in some of the world's finest establishments, earned industry awards and professional certifications, and emerged victorious from countless international culinary competitions. And while their industry experience is varied, they all share a common passion for food–a passion they're committed to nurturing in you. Attentive, engaging, expert instruction: that's what you'll get from The Culinary Institute of America.

JULY

Bask in the sun while savoring our Mozzarella with Grilled Peaches and Prosciutto (page 21).

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Ward off the chill with the ultimate comfort food–Macaroni and Cheese with Bacon (page 45).

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Our Brandied Dried Fruit Tartlets will leave your loved ones dreaming of sugarplums and jingle bells (page 51).

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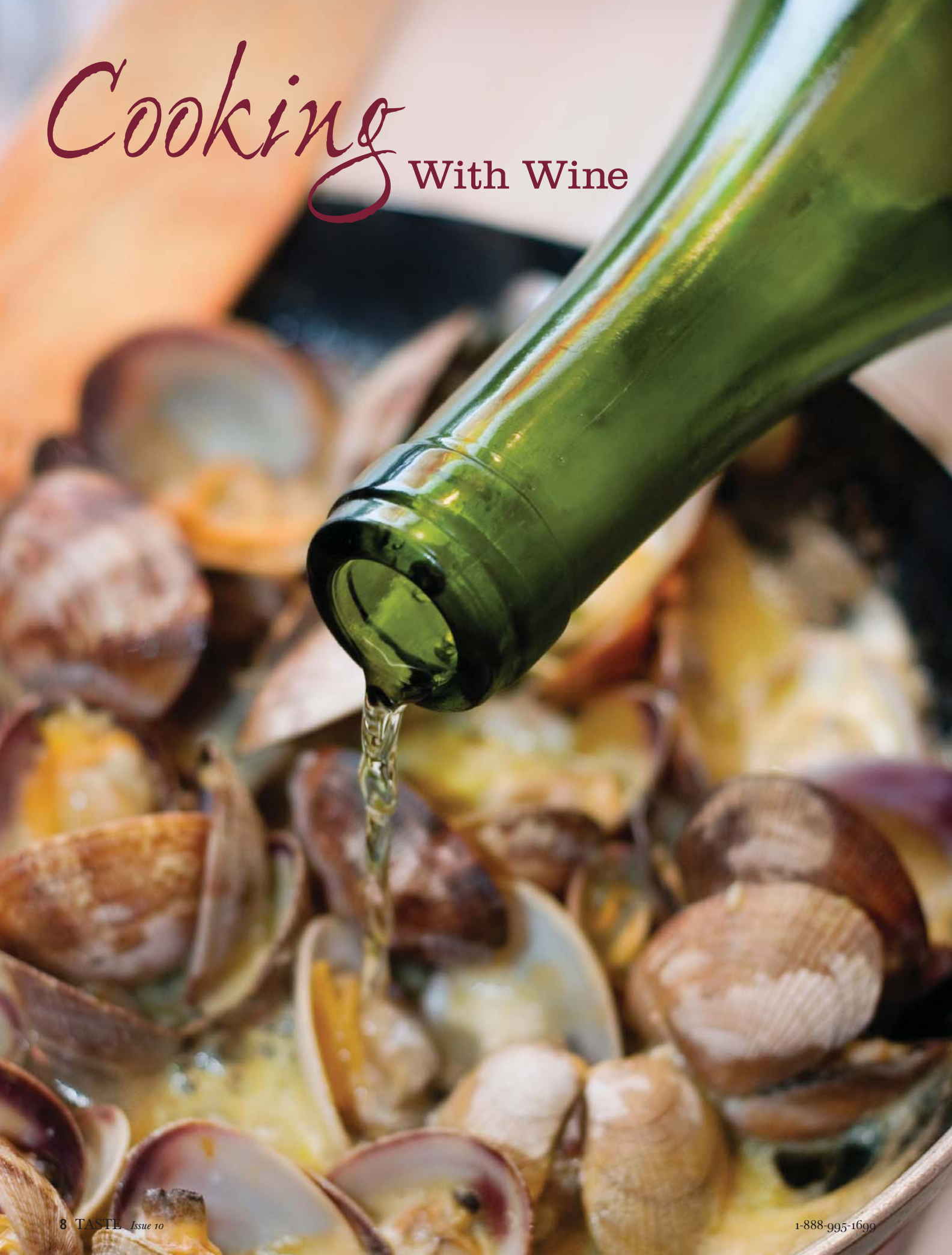
Cooking With Wine



The Art (Flavor) and Science (Chemistry)

By John Fischer '88, C.H.E.

For many of you, "cooking with wine" may mean holding a wooden spoon in one hand and a wine glass in the other. While there's nothing wrong with enjoying a glass while you cook, I'd like to propose reserving a little for your recipes. You may ask, "Why use wine in my dishes when there are all sorts of other liquids available?" Well, water and stock work fine most of the time, but certain recipes just wouldn't be the same without the addition of wine. If you've ever sampled savory Boeuf Bourgignon or velvety sabayon, you know what I mean.

IT'S ABOUT FLAVOR

It could be argued that everything you do in preparing a recipe is for flavor anyway, but sometimes the wine is an ingredient used only for its flavor profile and what it will add to the dish. So without being highfalutin about "aromas of crushed violets and pickle juice" or any such thing, let's go over the basic flavors present in most wines and how they affect food.

Sour

Grapes have a range of acids in them, mostly tartaric and malic, and it's this acidity in wine that can help to "brighten" up the flavor of a dish. Just think about squeezing a lemon wedge onto fried calamari and you'll understand. When you reduce either the wine or the sauce it's in by boiling or simmering, you will be concentrating the sourness as well, so be mindful of how far you reduce a sauce after adding the wine…it can easily become unpleasantly sour.

Sweet

Wine starts out as grape juice, and grape juice is sweet as well as sour. Although "dry" wine is supposed to have no sugar in it, all wines have some residual sugar because some sugars are not fermentable. So, most wine has at least 1 gram of sugar per liter, which reads as 1 g/l. Most people won't notice sweetness until the sugar level goes above 2–3 g/l, and truly sweet dessert wines usually have more than 40 g/l of residual sugar.

Most dishes that use wine assume the use of a dry wine in the hope that the acidity and aromatics will balance and enhance the richness and other flavors in the food. To this end, you should always try to use cooking wine that has very low residual sugar because as you reduce a sauce, the sugar becomes more concentrated. A lot of the inexpensive jug and bag-in-a-box wines made in the U.S. have high residual sugar. As you reduce these wines, you might even end up with something resembling caramel–not a balanced sauce–so choose your cooking wines wisely.

Aromatics

Whether you use white or red wine, there are thousands of different smells that they might have. White wines tend toward the aromas of citrus, apples, and tropical fruit; red wines often smell like red fruits such as cherries, plums, and strawberries. These smells are very important when judging the wine on its own, but not as much when cooking with it. Frankly, the flavors of the other ingredients in the dish can–even *should*–dominate and the wine should merely accent, enhance, or balance those flavors.

With this in mind, it bears mentioning that the wine you cook with needs to be of a good enough quality that you would drink it. I do not, however, believe that you have to use the same quality as the wine that's going to be served with the dish. In fact, if you poured a bottle of Clos Vougeot into the stew pot, I would start weeping quietly. But, you should still use a decent bottle of Bourgogne Rouge, maybe even from the same producer as the expensive Burgundy you're serving with the dish.

A BIT OF CHEMISTRY

Let's touch on just one of many ways chemistry affects cooking with wine to perhaps keep something unpleasant (flavor-wise) from happening. One of the requisite "ingredients" in red wine is tannin. It is actually a family of highly complex phenolic compounds that are astringent–that make your mouth feel dry because they bind with the proteins in your saliva. These tannins are in more plants than just grapes, but are an important component in red wine. Now, if you just reduce red wine into a sauce, the tannins will become more concentrated and even less pleasant than they were to begin with. There are two ways to mitigate this. One is to choose a red wine with less tannin at the outset, like a Pinot Noir or Gamay. Or (and this is where it gets tricky), you can include some form of protein in the sauce or dish, and the tannins will bind to that protein before it gets into your mouth. This is why milk makes strong tea less astringent–the tannins bind with the milk proteins. A little ground meat, or egg, or the chuck roast in the pot will keep the tannins busy. So use the power of chemistry for good rather than evil.

John Fischer is an associate professor in hospitality and service management at the CIA and a 1988 graduate of the college. He is the author of At Your Service *and the new* Kitchen Pro Series: Cheese Identification, Classification, and Utilization, *and is co-author of* Bistros and Brasseries *(p. 58)*.

Fondue

Recipe

Wine is an important ingredient in melted cheese dishes such as fondue. Cheese has a tendency to seize up or get stringy at varying temperatures. But the acidity of the wine helps to keep the cheese smooth. The saltiness of the Gruyère also helps. If you sense that the cheese is getting too "ropy," you can save the day either with a splash of wine or a squeeze of lemon juice–just don't add more salt because the cheese is salty enough.

Makes 4 servings

1 garlic clove
1 pound grated Gruyère
2 teaspoons cornstarch
1⅔ cups dry white wine
¼ cup Kirsch
Ground white pepper, as needed
Freshly grated nutmeg, as needed
1 baguette, cut into 1-inch cubes
2 apples, cored and cut into 1-inch cubes

Cut the garlic clove in half and rub the inside of the fondue pot with the cut sides of the garlic. Turn the heat to medium under the pot.

Toss the grated cheese with the cornstarch and set aside; reserve for later use. Discard the garlic.

Add the wine to the fondue pot, turn heat to medium-high, and bring to a simmer. Add the cheese, a handful at a time, waiting for the previous bit to have melted. Stir in a figure-eight pattern rather than in a circle to avoid roping.

When all the cheese has been incorporated, add the Kirsch, white pepper, and a few gratings of nutmeg.

Serve with the bread and apple cubes, keeping the fondue steaming, but not boiling.

Chef's Note: In addition to bread cubes, other items good for dipping into the fondue include cooked and peeled baby, new, or fingerling potatoes; broccoli and cauliflower florets, cooked al dente; and whole cherry or grape tomatoes.

Source: The CIA cookbook *Cheese: Identification, Classification, and Utilization*

Want to Learn More?
Join us for our popular Wine Explorations courses (page 46) at our Napa Valley and Hudson Valley campuses. You can also boost your wine IQ by picking up a copy of *WineWise* (page 62).

Cabernet-braised Short Ribs *with* Chard *and* Orecchiette

Makes 6 to 8 servings

SHORT RIBS

6 meaty short ribs (about 4 pounds)
1 teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons olive oil
1½ cups chopped onions
1 carrot, peeled and cut into ¼-inch dice
1 celery stalk (about 4 ounces), trimmed and cut into ¼-inch dice
2 plump garlic cloves, peeled and minced
2 tablespoons tomato paste
One 750 ml bottle Cabernet Sauvignon
1 bay leaf
6 fresh parsley stems
4 fresh thyme sprigs
2 pieces orange zest, each about 2 inches long by ½ inch wide
1 to 2 cups low-sodium chicken stock

ORECCHIETTE AND CHARD

1 pound dried orecchiette
3 tablespoons olive oil
2 plump garlic cloves, peeled and minced
1 cup finely chopped onion
2 pounds Swiss chard (ribs removed, cut into ¼-inch slices, rinsed, and drained)
½ cup freshly grated Parmigiano-Reggiano cheese, plus more for topping

Recipes

This hearty dish gets its robust flavor from caramelized meat, tomato paste, and concentrated red wine. Most of the preparation can be done in advance, making it ideal for entertaining.

For the short ribs: Preheat oven to 325 degrees F. Trim fat from the ribs, leaving a small amount for flavor. Season with salt and pepper.

In a 5-quart stockpot or Dutch oven with a tight-fitting lid, warm the oil over medium-high heat. Add 3 of the short ribs and sear on all sides until brown, 4 to 5 minutes per side. If there is a lot of exposed meat on the ends, sear for about 2 minutes per end. Remove ribs from the pot and place on a plate. Repeat with remaining ribs. Reserve until needed.

Pour off all but 2 tablespoons of the fat. Reduce heat to medium and add the onion, carrot, and celery, scraping up any browned pieces of meat from the bottom of the pan. Sauté, stirring often, until the vegetables are lightly browned, about 8 minutes. Add the garlic and cook until just fragrant, about 1 minute. Add the tomato paste and sauté until it begins to caramelize, 1 to 2 minutes. Raise heat to high and deglaze the pan with the wine, scraping the bottom of the pot as needed. Reduce heat to medium-high and cook until the wine has reduced by half, 12 to 15 minutes.

Add the bay leaf, parsley, thyme, and orange zest. Return ribs to the pot. Add enough chicken stock to bring the liquid halfway up the ribs. Bring stock to a boil, place a piece of parchment paper over the pot, cover tightly, and place in the oven. Cook for 2 to 2½ hours, or until the meat falls off the bone. Remove ribs and set aside. When cool enough to handle, shred the meat into bite-size pieces, discarding any visible fat or gristle. Keep warm until needed.

Strain the Cabernet sauce through a fine-mesh sieve, pressing on the solids. Degrease sauce by skimming the fat off with a large spoon. Place sauce in a pan over medium-high heat and cook until reduced to a light consistency, 4 to 5 minutes. Keep warm on low heat.

For the orecchiette and chard: Bring a large pot of salted water to a boil. Add the orecchiette and cook until al dente, about 12 minutes.

Meanwhile, in a large soup pot, warm the olive oil for 1 minute over medium heat. Add the garlic and onion and sauté, stirring frequently, until lightly colored, 6 to 8 minutes. Add chard, toss to coat with the oil, and sauté until softened, about 6 minutes. Ladle a cup of the pasta cooking water over the chard and continue to sauté until most of the liquid evaporates, about 4 minutes.

Drain pasta and add chard mixture. Pour half of the sauce over the pasta and chard and toss to coat. Stir in the cheese and divide pasta among large bowls. Warm the shredded meat in the remaining sauce. Spoon the meat sauce over the pasta and serve with additional grated cheese.

Source: The CIA cookbook *Seasons in the Wine Country*

Knife Skills
The Foundation of Good Cooking

By David Kamen '88, P.C. III/C.E.C., C.C.E., C.H.E.

Learning to make precise, uniform knife cuts is among the most important skills for home cooks.

The room is quiet except for the rhythmic tapping of chef's knives touching softly on maple cutting boards as they glide smoothly through firm carrots. The chef paces up and down the rows looking over the shoulders of his students, watching their efforts in creating the perfect julienne. "Remember," he says, "if it looks the same, it cooks the same."

The students repeat the mantra in their heads, as they learn not only the specific sizes of the cuts but the need to be precise as well. Cutting the carrots in a haphazard manner will overcook some and undercook others. Making the vegetables the same size will lead to more even cooking and an overall better product.

Knife skills are among the most rudimentary skills that a cook learns. They are also among the most important. Good knife skills can save time by making the work more efficient and save money by reducing waste and enabling you to use less-expensive whole products rather than pricier prepared items. On the flip side, poor knife skills can be dangerous by putting fingers at risk.

GET SHARP

Among the most basic of knife skills is the ability to keep a knife sharp. As the saying goes, "a sharp knife is a safe knife." Like any other skill, knife sharpening can be learned and must be practiced in order to perfect it. Knife sharpening starts on the **stone,** by creating a beveled edge. Stones come in a variety of grits–course, fine, and lots in between–and can be either water stones or oilstones. Hold your knife at a 22½-degree angle to the stone. Using light

pressure, run the entire cutting edge of the knife from tip to heel along the entire face of the stone. For every 10 strokes on one side of the knife, repeat with 10 strokes on the other. Start with a coarse stone and progressively work your way to a fine stone.

The **steel** is a device that will not sharpen a knife, but it will keep a sharp knife sharper for a longer time by honing or evening out the microscopic "feathers" on a knife's cutting edge. Using the same 22½-degree angle, stroke the entire cutting edge of the knife along the full length of the steel two or three times per side. If you do this every time you pick up your knife, you won't need to visit the stone as often because the cutting edge will not round over and become dull.

PREPARE YOUR WORK AREA

With your knife sharp, you will immediately see your tasks becoming easier and more efficient. Another way to increase efficiency is to lay out your work logically. Place your whole raw product on a tray on one side of your cutting board, and keep another tray for finished cut items on the other side. Have smaller containers for waste and usable trim handy as well. Usable trim, such as carrot ends or onion stumps, make great additions to fortify a stock or sauce. Remember to keep some towels handy to wipe the cutting board in between foods, and always work with cooked or ready-to-eat products before raw ones.

MAKE THE CUT

Approach smaller or more delicate items like garlic or tomatoes with a paring knife. Its smaller straight blade gives you control and dexterity. Cut larger items with a chef's knife. The longer blade makes for cleaner slicing, and its slightly curved, triangle-shaped blade and beefy handle offer leverage. To keep large, rounded vegetables like rutabagas or acorn squashes stable while cutting, make a small flat cut on one side so that they rest firmly on the cutting board.

Many recipes call for "chopped" ingredients–what does this mean? **Chopping** refers to cutting vegetables into irregular but even-sized pieces. Use chopped vegetables for flavoring soups, stews, or sauces. **Dicing,** on the other hand, is more precise; ingredients are cut into cubes that are consistent in shape and size. Dice your vegetables when the vegetable will be a focal point of the dish. **Mincing** is a very fine chop that is often used for herbs as well as aromatics such as garlic and shallots.

KEEP IT CONSISTENT

Making perfect precision cuts, such as the long, rectangular julienne, is a laborious task that requires patience and good hand-eye coordination. The busy restaurant industry often does not allow the time or labor for precision cuts. As a result, chefs have developed a number of alternate methods to make comparable juliennes. Varieties of machines are available to cut vegetables into assorted lengths and widths, although they tend to be rougher on the ingredient and are less precise. Hand tools such as mandolins are good compromises between the precision you can achieve by hand cutting and the speed offered by a machine. A mandolin is a tool with a blade that will slice vegetables into varying widths, and teeth that crosscut the slices into juliennes in the same pass. All the chef needs to do is peel, trim, and cut the vegetable to length.

The other reality is vegetables do not really need such exacting specifications. They certainly do look good when they are perfect, but a small variation is acceptable. The goal when making precision cuts is consistency. It is fine if juliennes are not exactly ⅛-inch as long as they are uniform. Just remember the mantra, "If it looks the same, it cooks the same."

Professor in Culinary Arts David Kamen is a certified executive chef, certified culinary educator, and certified hospitality educator. A 1988 graduate of the college, Chef Kamen is CIA ProChef Level III certified.

GIVE YOUR KNIFE SKILLS A TUNE-UP

Join us for SHARPENING YOUR KNIFE SKILLS. This one-day techniques class will show you how to properly cut fruits and vegetables, carve roasts, and sharpen and maintain your knives. Through demos and hands-on practice, you'll learn invaluable tips and techniques, including how to quickly peel and chop garlic, slice onions without crying, and use that mysterious steel that comes with every knife set.

Plus, you'll enjoy the fruits of your labors, as all the ingredients you prepare in class will become part of the buffet lunch you'll share with classmates. Learn more about Sharpening Your Knife Skills on page 38. We'll see you at the cutting board!

Even More to *Explore*

Exciting New Changes at Greystone Beckon

By Tyffani Peters

Brand-new culinary discoveries and experiences await you at our California campus. We've just completed a major remodel of the first floor of our historic main Greystone building, so now there's even more for food enthusiasts to explore, including a new campus store, Flavor Bar with Oleoteca®, chocolate laboratory, and teaching kitchen.

"In recreating this space, we felt it was very important to honor the historic design of our Greystone building," says Managing Director Charles Henning, "while also bringing in beautiful, efficient modern elements."

SHOP OUR NEW CAMPUS STORE

The new campus store–still known as the Spice Islands Marketplace–is now located just inside the grand front doors of the Greystone building. Its clear glass enclosure and open feel are an irresistible pull for food and wine lovers at all levels of experience looking for the latest cookbook, hard-to-find wine guide or gadget, nifty kitchen tool, or top-of-the-line cookware. The store's knowledgeable staff is well-qualified to answer questions and help you locate exactly what you're looking for.

SLIDE ON UP TO THE FLAVOR BAR

Inside the Marketplace is a new 16-seat Flavor Bar where you can participate in interactive experiences such as:

- A chocolate tasting, where you'll learn how chocolate is made and how the percentage of cacao and the origin of the chocolate can vary the flavor. You will have the opportunity to taste cacao in its various stages and compare chocolates from different parts of the world.
- "Taste Like a Chef: Calibrate Your Palate," a session that helps you explore the sweet, sour, bitter, and salty areas of your palate. You will also learn how chefs balance these tastes with other ingredients to create memorable flavors.
- Tasting "super-premium" olive oils selected from top estates in California, Spain, Italy, and Greece. During a one-of-a-kind Oleoteca® Villa Campestri experience at the Flavor Bar, you will learn all about olive oil attributes and styles, how super-premium olive oils are produced, how to taste olive oil, and how to cook with and store olive oil.

Sessions run approximately 15 minutes at various times of the day and cost $10 per person. For a complete schedule and to make a reservation, call 707-967-2320.

SEE HOW CHOCOLATES ARE CREATED

The new chocolate laboratory is adjacent to the store and Flavor Bar, and is separated by a clear glass wall that gives you the opportunity to see students working in the 675-square-foot space. Designed with optimal conditions for confectionery work, the temperature and humidity in the room are carefully controlled and the space is self-contained so no other cooking odors negatively impact the confections. The lab will be used in the baking and pastry arts degree program as well as to create Greystone Chocolates for sale in the Spice Islands Marketplace.

TAKE IN OUR GLEAMING NEW KITCHEN

The new Viking Teaching Kitchen gives students an extra 1,950 square feet of space in which to learn and create. It includes three cooking suites, all containing state-of-the-art Viking commercial equipment. Each suite also has an energy-efficient hood with electronic sensors that automatically adjust the fan speed needed for dissipating steam from the work areas.

EXPERIENCE IT ALL

Now you can experience all of these new offerings for yourself when you come for a class. Take a break from the winery tasting rooms–come to the CIA at Greystone and do something completely different during your visit to the Napa Valley.

Tyffani Peters is a media relations specialist at the CIA at Greystone.

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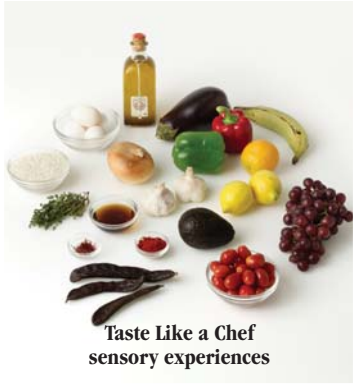

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Experience the Excitement

If you thrill to the discovery of a new ingredient, devour every word written about cooking, and feel an incredible sense of satisfaction when you create a new dish, then you've got the makings of a CIA Boot Camper.

From the moment you don your chef's uniform in Boot Camp, you'll be immersed in the exciting world of the professional kitchen. You'll dice and sift and sauté with our world-famous chefs at your side. And you'll experience fabulous flavors and authentic ingredients, whether you're cooking in the Napa Valley, Hudson Valley, or Southwest.

There's a reason our Boot Campers return again and again, a reason why so many stay in touch after the class is over. Because CIA Boot Camp is more than a course—it's a life-changing experience.

CIA Boot Camp: Accept *No* Imitations!

Boot Camp at the CIA is the original intense experience for serious food enthusiasts. Our five-day Basic Training is where the phenomenon started, way back in 1999, and it's a great place for you to start, too. (Of course, you can take our Boot Camps in *any* sequence. There are no drill sergeants in our kitchens–promise!)

CULINARY BOOT CAMP—BASIC TRAINING

NY *Aug. 30–Sept. 3, Sept. 20–24, Oct. 18–22, or Nov. 29–Dec. 3; 7 a.m.–4 p.m., $2,095**

CA *Sept. 13–17 or Dec. 6–10, 1–8:30 p.m., 2,095**

TX *Nov. 29–Dec. 3, 7 a.m.–1:30 p.m., $1,750*

So you want to learn to cook…I mean, *really* cook? Here's your chance. In this five-day course, you will become well-versed in the fundamentals of cooking. Your assignments will include hands-on training in knife skills, kitchen terminology, dry-heat cooking methods (roasting, grilling, sautéing, pan-frying, and stir-frying), and moist-heat cooking methods (braising, shallow poaching, deep poaching, and steaming).

You'll get an insider's view of the CIA and hone your culinary skills:

- Participate in tastings of American, French, and Italian wines.
- Explore a variety of food and wine pairings.
- Enjoy a "Sharpen Your Knife Skills" demo.
- Tour the CIA campus (Hyde Park and St. Helena only).

As a Basic Training participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days you'll return to campus for dinner (Hyde Park) or enjoy lunch prior to class (St. Helena) in the CIA's on-campus public restaurants.

THE RESTAURANT EXPERIENCE

Dining in the CIA restaurants during your Boot Camp program is an "extra"—but one well worth taking advantage of. Not only will you enjoy fine food prepared and served by the friendly students in our degree programs, you'll be helping them prepare for their future careers in the foodservice and hospitality industry.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

www.ciachef.edu/enthusiasts

Boot Camps of Every Flavor

No matter what your culinary interest–from specialty breads to world cuisines–there's a CIA Boot Camp for you. And there's one that fits your schedule, too, whether you've got five days, two days, or somewhere in between.

ASIAN CUISINE BOOT CAMP

CA *Nov. 29–Dec. 3, 1–8:30 p.m., 2,095**

The history, cultures, and regions of the eastern world come together in this gastronomic tour of Asia, home of some of the world's most diverse, flavorful cuisines. You'll embark on a fascinating culinary journey blending traditional and contemporary aspects of Asian cooking.

During each intensive day, you'll experience the cuisines of different Asian countries–from India, China, and Japan to Korea, Thailand, and Vietnam. You'll soon become familiar with the common bonds these cuisines share as well as the ingredients, flavor profiles, and cooking techniques that make each one distinct.

In this class, you will:

- View a sushi demo and participate in sushi tastings.
- Participate in a tasting of Asian beverages.
- Learn the differences between authentic and adapted Asian dishes.
- Tour the CIA campus.

When you enroll, we'll supply you with two chef's uniforms, each with a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On a select class day, you'll enjoy lunch prior to class (St. Helena) in our on-campus public restaurants.

"The Culinary Institute of America has a rich and long tradition of offering the highest quality culinary education possible."

–Thomas Keller, chef and owner of The French Laundry, Bouchon, Bouchon Bakery, and Per Se

BAKING BOOT CAMP

NY *Sept. 14–17, 7 a.m.–4 p.m.*, $1,695*

Bread and baked goods are staples of any meal, whether it's a savory breakfast scone, a hearty sandwich rye, or a melt-in-your-mouth dessert cookie straight out of the oven. Expanding your baking repertoire opens up a whole new world of possibilities for your menus.

During Baking Boot Camp, you will learn the fundamentals of baking as well as those specific to bread baking. You'll discover the techniques used to create basic items such as cookies and brownies, muffins, quick breads, scones, and pies.

After the lectures, demonstrations, and hands-on bakeshop production in this four-day basic training course, you'll return home ready to dazzle your family and friends with your newfound confidence and skills.

You will also:
- Sit in on a lecture about food science and how it relates to baking.
- Enjoy a bread tasting and lecture.
- Tour the CIA campus.

When you enlist in CIA Baking Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

DID YOU KNOW…?

CIA Boot Camps feature the same culinary and baking & pastry techniques that are practiced in the school's degree and certificate programs. That means you too can learn to cook and bake like a CIA chef!

BBQ BOOT CAMP

NY *Aug. 5–6, 7 a.m.–4 p.m., $850**

CA *Sept. 23–24, 1–8:30 p.m., 850**

Ah yes, as temperatures rise along with appetites for something fresh off the outdoor grill, the air is filled with the overwhelmingly pleasing aroma of…prawns? Absolutely! In BBQ Boot Camp, you'll realize there are no limits to what you can do while wielding your grilling tools. You'll be able to not only grill the perfect steak, but also hot smoke and barbecue (low and slow cooking) everything from seafood, meat, and poultry to vegetables, side dishes, and desserts. You'll also explore food and grilling safety, discuss equipment needs (and wants), and learn about brines, rubs, marinades, and sauces. The possibilities are endless for your next backyard gathering!

When you enlist in CIA BBQ Boot Camp, you'll receive a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner (Hyde Park) or enjoy lunch prior to class (St. Helena) in the CIA's on-campus public restaurants. You'll also be treated to a tour of the CIA campus during regular class hours.

BISTRO BOOT CAMP

NY *Aug. 23–26 or Oct. 26–29, 7 a.m.–4 p.m.*, $1,695*

CA *Sept. 27–30, 1–8:30 p.m.*, $1,695*

Simple, sophisticated, casual, elegant…the word "bistro" evokes so many pleasantly alluring images and experiences, many of them related to classic French cuisine–and *all* of them satisfying. With aromatic soups and stews, rustic omelets, robust gratins, savory tarts, and fresh-from-the-oven breads and pastries topping the menu, bistro cuisine is something that's sure to please even the most discriminating of palates.

Featuring the best of casual American-style and French bistro cooking, the four-day Bistro Boot Camp will show you what it takes to prepare this irresistible food with ease. You'll discover traditional and innovative recipes to add to your repertoire, along with fundamental techniques common to bistro cuisine, from roasting to braising to baking.

You will also:
- Discuss and prepare classic and contemporary bistro-style dishes.
- Explore appropriate beverage pairings.
- Tour the CIA campus.

As a Bistro Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner (Hyde Park) or enjoy lunch prior to class (St. Helena) in the CIA's on-campus public restaurants.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

CULINARY BOOT CAMP—ADVANCED TRAINING

NY *Aug. 23–27, 7 a.m.–4 p.m.*, $2,095*

OK, Boot Camper, you've passed your basic training. As a veteran cook, you can navigate your way around the kitchen. But it's not time to be "at ease" yet! Now you're ready to learn the secrets that lead to culinary mastery. Along the way, you'll add innovative and exotic ingredients to your ever-expanding repertoire and rediscover long-taken-for-granted ingredients.

You will:

- Learn to fabricate an array of protein items.
- Prepare grand and derivative sauces.
- Participate in blind tastings.
- Study the dynamics of taste and flavor.
- Enjoy a wine and cheese pairing.
- Tour the CIA campus.

As an Advanced Training Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

FLAVORS OF WINE COUNTRY BOOT CAMP

CA *Oct. 18–22, 1–8:30 p.m.*, $2,095*

From fresh produce to wine to artisan cheese and bread, the distinctive flavors of California's wine country abound. Seasonal products, harvested and crafted by local purveyors, provide the foundation for the satisfying dishes prepared in this celebrated region.

During this five-day course, you'll discover and sample the best of Northern California fare. Highlighting the freshest ingredients, you will learn how to prepare dishes that represent a local awareness of flavors that make up wine country cuisine. The region's world-class wines will be incorporated into the daily lessons.

You will:

- Discuss seasonal ingredients, local farming, and characteristic foods and wines of the California wine country.
- Learn a variety of cooking techniques that best showcase the region's ingredients.
- Use a selection of local products to prepare intensely flavorful dishes.
- Spend time in flavor dynamics sessions, including an olive oil tasting, herb tasting, and salt and vinegar tasting.
- Learn the fundamentals of wine and food pairing.

When you enlist in the Flavors of Wine Country Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On a select class day, you'll enjoy lunch before class in the Wine Spectator Greystone Restaurant to sample the flavors that shape the California wine country dining scene.

CIA Boot Camp "K-Ration"

Introduced during the second World War, the K-ration was an individual daily food ration provided to mobile combat troops. To honor our loyal CIA Boot Camp recruits, Associate Professor in Hospitality and Service Management John Fischer '88 has created this special cocktail.

1 ounce fresh lemon juice
½ ounce Cointreau
½ ounce Creme de Cassis
1½ to 2 ounces Ketel One vodka

Shake with ice and strain into a chilled cocktail glass, or over rocks.

Bonding In the Kitchen

Like father, like son…Brien and Sam Culver have a shared passion for the culinary arts. Brien, the dad (above, right), lives in Arlington, TX and owns a DVD distribution business. Sam (above, left) is an undergrad in business at the University of North Texas in Denton. To celebrate their birthdays (Brien's 50th and Sam's 20th) the pair signed up for Italian Boot Camp. On day four, father and son reflected enthusiastically on the experience.

BRIEN: I was thinking about Boot Camp as a way to celebrate my 50th birthday. I figured I might as well go to the culinary school that's considered the best in the United States. Sam, independent of that, came to me and said he would like to tour the CIA.

SAM: I told him that I really like to cook and wanted to look at the school.

BRIEN: The two things just came together. We like cooking together at home, so I wanted to see what it's really like. We selected Italian Boot Camp because the timing was perfect; the class ran between both of our birthdays.

SAM: My interest in cooking came from watching my dad; he was really into it. I'm getting a business degree but thought I would start looking at a culinary education. All my life, I've really loved working with my hands. With cooking, I get to do that. I like to look at a meal and say, "That's something I created." The greatest feeling is to watch people eat it and have them say, "Wow, that's a great dish."

BRIEN: When I come home from work, I don't putter in the yard; I go to the kitchen. That's relaxation for me. Before Boot Camp, the only cooking class I went to was a food demo in Dallas. It was so disappointing; it was a fancy meal you watched someone else make. Here at Boot Camp, you get to make the fancy meal yourself. Sam and I love the way you're thrown into the professional kitchen. We didn't feel intimidated…nor did we feel cocky [laughs]. Everyone in the class was just so upbeat–great personalities and pretty good home cooks.

SAM: We worked on the same cooking teams. We don't get to see a whole lot of each other right now because I'm in school, so it was nice. Every day I learn so much. It's been a great experience. It's been awesome.

BRIEN: Even when the dishes were a challenge, I didn't consider that too difficult. When you get stuck on something in Boot Camp, you've got help right away from a great staff–Chef DeShetler and the kitchen assistants.

SAM: Now that I have taken Boot Camp, I feel more comfortable doing different things in the kitchen. Chef D said, "If you mess something up, you can't beat yourself up about it. You just have to try it again. Or go with what you have and make it better."

BRIEN: When I get home, I'm sure there'll be some added confidence. Now I know a lot more about regional Italian cuisine; how to put together a nice antipasto, a pasta course, and a meat dish. For anyone considering Boot Camp, it's a good value when you consider the food costs and see the level of instructor at your disposal. The instructors for the wine tasting and coffee tasting were world experts. If you like to cook and you want a challenge, this is the place to be. I'm sure I'll come back for French Cuisine Boot Camp.

SAM: This is definitely the place if you want to go to culinary school and you want the best. This has been a great way for me to come see the school and just see how everything works. I definitely would come here as a degree student.

July *Recipe*

Fresh mozzarella is a must in this recipe showcasing sweet summer peaches and savory prosciutto. Choose the best quality you can find—dry, hard mozzarella is not welcome here. It should be soft to the touch and moist, preferably bought at a specialty store that gets its mozzarella made fresh weekly—or, even better, daily. Be sure to arrange the sliced mozzarella on individual plates or on a large platter before you grill the peaches, because you want to serve the dish while the peaches are still hot.

Soft Fresh Mozzarella *with* Grilled Peach *and* Prosciutto

Makes 6 servings

- 1 pound fresh mozzarella in water
- 4 white peaches (or a good locally grown variety, preferably organic), firm and ripe
- 4 teaspoons extra virgin olive oil
- 12 slices imported prosciutto (or substitute coppa or culatello, found in specialty Italian markets)
- 4 basil leaves, thinly sliced
- 12 baby arugula leaves, washed and spun dry, for garnish
- Juice of ½ lemon, or to taste
- Salt and freshly ground black pepper, as needed

Slice the mozzarella so that you have about 2 slices per person, and arrange the slices on a large platter or 6 plates.

Preheat a grill to medium-high or heat a dry cast-iron skillet over medium-high heat.

Cut the peaches in quarters, removing the pit. Toss the quartered peaches with a few drops of the olive oil and place them on the grill or in the pan until they are very hot and light brown on both sides, about 3 minutes total. Transfer the peaches to the platter or plates.

Drape the prosciutto on top of the peaches. Sprinkle some basil on top of the mozzarella.

Toss the arugula with a little lemon juice, a teaspoon of the olive oil, salt, and pepper. Scatter the arugula on the platter or plates and drizzle the remaining olive oil on top of the mozzarella. Serve at once.

Chef's note: When peaches aren't in season, there are several good substitutes: melons, persimmons, or pears. One more suggestion, which is really out of the ordinary, is a ripe mango. It may not be so Italian, but mango pairs nicely with the saltiness of the prosciutto and the delicacy of the mozzarella.

Source: The CIA cookbook *A Tavola! Recipes and Reflections on Traditional Italian Home Cooking*

Discover more Italian-inspired recipes and cooking techniques—join us for **Italian Cuisine Boot Camp** (page 23), **The Italian Table** (Taste of CIA Cookbooks; page 41), and **Rustic Italian Flavors** (CIA Samplings; page 44).

FRENCH CUISINE BOOT CAMP

NY *Oct. 4–8, 7 a.m.–4 p.m.*, $2,095*

In the western world, French cuisine has long been considered the standard by which all others are compared. From its provincial roots to the high cuisines created by great chefs like Carême and Escoffier, French food is rich in culinary tradition.

In each day of this five-day Boot Camp, you'll explore the ingredients, flavor profiles, and cooking techniques of a different region of the country. You and your classmates will prepare sumptuous French dishes both familiar and new, such as bouillabaisse, crème brûlée, and truite de ruisseau aux chanterelles.

You will also:
- Explore mother or grand sauces and their derivatives.
- Discuss and prepare regional and classical dishes.
- Taste French wines and cheeses.
- Tour the CIA campus.

When you enlist in CIA French Cuisine Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

GOURMET MEALS IN MINUTES BOOT CAMP

NY *Dec. 6–10, 7 a.m.–4 p.m.*, $2,095*

TX *Dec. 6–10, 7 a.m.–1:30 p.m., $1,750*

In today's busy world, time is our most precious resource. How can we maintain our full lifestyles and still enjoy quality, healthful meal choices? The CIA has the perfect solution. Whether you're interested in adding variety to your everyday meals or hosting a stress-free dinner party, this Boot Camp program will teach you how to prepare delicious food in a matter of minutes rather than hours.

During this five-day course, you will learn strategies for budgeting your time when preparing meals. You will produce a variety of appetizers, entrées, side dishes, and desserts from the CIA's *Gourmet Meals in Minutes*.

You will also:
- Tour the CIA campus.
- Learn presentation techniques to enhance your quick and delicious meals.
- Choose appropriate wine to accompany your meals.

When you enlist in the CIA Gourmet Meals in Minutes Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants (Hyde Park only).

HOLIDAY BOOT CAMP

NY *Nov. 15–16, Nov. 17–18, or Dec. 15–16; 7 a.m.–4 p.m.*, $850*

TX *Dec. 13–14, 7 a.m.–1:30 p.m., $750*

The rush of holiday entertaining will be here before you know it. Do you have the menus and strategy to tackle the most anticipated meals of the year?

Holiday Boot Camp will give you the game plans, recipes, and confidence to cook for all the season's gatherings. You'll learn to roast poultry and meats to perfection, make home-style pan gravy, and prepare traditional side dishes and tempting desserts. You'll also discover new twists on old favorites, as you learn to create delicious and beautifully presented appetizers, vegetables, entrées, and soups that will wow your guests. Be warned, though…they'll be so impressed, they'll want to come back next year!

You will also:
- Attend a demonstration and tasting on holiday hors d'oeuvre and appetizers.
- Taste a variety of holiday beverages.
- Tour the CIA campus.

As a Holiday Boot Camp participant, you'll receive a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants. You'll also be treated to a tour of the CIA campus during regular class hours (Hyde Park only).

"Although I'm still a cook in chef's clothing, previously intimidating foods are no longer off-limits in my home kitchen. I am empowered—not stifled—by recipes, which, combined with intuition, attention, and practice, are yielding gourmet meals in minutes. Mission accomplished."

–Megan Labrise*, Woodstock Times, *Woodstock, NY*, *Gourmet Meals in Minutes Boot Camp participant

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

HORS D'OEUVRE BOOT CAMP

NY *Aug. 5–6 or Dec. 2–3, 7 a.m.–4 p.m.*, $850*

TX *Nov. 22–23, 7 a.m.–1:30 p.m., $795*

Small bites can make a big impression, and you'll be sure to "wow" guests with your ability to prepare and present some truly tantalizing treats. Stuffed or skewered, filled or topped, the perfect bite-sized hors d'oeuvre are packed with flavor and lend beautifully to parties and social gatherings.

In this two-day course, you will learn the basic principles necessary to create both hot and cold hors d'oeuvre and pick up a few trade secrets that will enable you to confidently prepare an impressive assortment of small bites.

You will also:

- Learn how to select the best hors d'oeuvre for your party and how much to prepare.
- Discuss the basic components of canapés and hot and cold hors d'oeuvre.
- Practice creative garnishing, plating, and presentation techniques.
- Tour the CIA campus.

In this Boot Camp program, you'll receive a chef's uniform that includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants (Hyde Park only).

ITALIAN CUISINE BOOT CAMP

NY *Aug. 30–Sept. 2 or Nov. 8–11, 7 a.m.–4 p.m.*, $1,695*

CA *Nov. 8–11, 7 a.m.–3 p.m.*, $1,695*

The tradition and culture…the sauces and spices…the aromas and flavors…a gastronomic tour of Italy will unleash your passion for food *and* your zest for life. Each day, you will explore the different regions of the country, improving your knowledge of Italian geography while learning about the flavor profiles that distinguish Italian cuisine. You'll expand your Italian and culinary vocabulary as you taste indigenous ingredients and prepare regional specialties under the direction of our renowned faculty. *Viva Italia!*

During this four-day course, you will become acquainted with the culture, traditions, and customs that contribute to regional Italian cuisine. Be prepared for an exhilarating, fun-filled adventure.

You will:

- Tour the CIA campus.
- Learn to navigate an Italian menu.
- Taste Italian wine.

When you enlist in Italian Cuisine Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

MEDITERRANEAN CUISINE BOOT CAMP

NY *Nov. 1–5, 7 a.m.–4 p.m.*, $2,095*

Mediterranean cuisine, with its vivid flavors and wide-ranging taste sensations, transports you to the blue skies, warm sun, and sparkling waves of one of the world's richest culinary regions. This five-day gastronomic excursion highlights the renowned cuisines of the northern Mediterranean, including Provence, Southern Italy, and Spain, and explores many of the lesser-known but up-and-coming dishes of Greece, Turkey, and North Africa.

From pasta and phyllo to tapas and tagines, you'll study the ingredients and dishes associated with the bountiful Mediterranean table. You'll also get an introduction to cooking methods and equipment common to the various cuisines of the region. Along the way, you'll discover the history, culture, and geographical influences that have shaped the unique Mediterranean landscape.

You will also:
- Participate in tastings of Spanish tapas and regional cheeses.
- Enjoy a lecture about and tasting of Mediterranean wines.
- Tour the CIA campus.

As a Mediterranean Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

MEXICAN CUISINE BOOT CAMP—APPETIZERS AND HORS D'OEUVRE

Mexican cuisine is one of the most dynamic around. From complex, sophisticated dishes to deliciously informal antojitos–Mexico's version of small plates–this distinctive fare offers tremendous versatility and culinary excitement.

Now you can bring the vibrant flavors and colors of Mexico to your table with the skills and recipes you'll learn in this course. With a focus on corn–the quintessential ingredient in Mexican cuisine–you'll examine the intricacies of traditional small bites, including tortillas, tamales, tacos, sopes, and salsas.

You will also:
- Explore various regions of Mexico through the different ways corn is prepared and used in each cuisine.
- Study the history of corn and learn about the mysterious huitlacoche.
- Prepare and sample a variety of small bites made from fresh and dried corn as well as complementary items to enhance these dishes.
- Discover ideas for new hors d'oeuvre and appetizers that you can add to your repertoire.

As a participant in Mexican Cuisine Boot Camp: Appetizers and Hors d'Oeuvre, you will receive a chef's uniform, which includes a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

MEXICAN CUISINE BOOT CAMP—PUEBLA AND OAXACA

NY *July 6–8, 7 a.m.–4 p.m.*, $1,295*

TX *Sept. 29–Oct. 1, 7 a.m.–1:30 p.m., $1,195*

Intrigued by the unique flavors and textures of authentic Mexican food? You're not alone. Anyone who has tasted the genuine regional dishes of Mexico is struck by their rich complexity. Join us for a culinary tour of Puebla and Oaxaca as we explore Mexican cuisine's wide variety of regional dishes, cooking methods, and indigenous ingredients.

In this stimulating three-day course, you will discover the rich history, classic preparation techniques, and flavor profiles of authentic Mexican specialties.

Be prepared for a flavor-packed journey as you:
- Unravel the mystery of traditional cooking from the heart of Mexico.
- Identify, taste, and learn about different chiles and study their many uses.
- Prepare and sample unique, complex dishes from Central (Puebla) and Southern (Oaxaca) Mexico using indigenous ingredients.
- Explore ancient and modern techniques for preparing salsas, moles, and many other recipes.
- Learn a variety of delicious recipes to prepare in your kitchen at home.
- Tour the CIA campus.

As a participant in Mexican Cuisine Boot Camp: Puebla and Oaxaca, you will receive a chef's uniform, which includes a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants (Hyde Park only).

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NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

PASTRY BOOT CAMP

NY *Sept. 20–24, 7 a.m.–4 p.m.*, $2,095*

CA *Dec. 6–10, 1–8:30 p.m.*, $2,095*

Let your artistic talent and passion for food come together. Success in pastry making depends on both a mastery of techniques and a highly creative mind. After this five-day course, you'll be able to prepare all those amazing fresh hot pastries and desserts you find at the pâtisserie right in your own home.

At Pastry Boot Camp, you will learn the fundamentals of pastry and the techniques used in creating basic preparations such as laminated dough, pastry creams, crème anglaise, pâte à choux (éclairs and profiteroles), mousses and bavarians, sponge cakes, buttercreams, and tarts.

You'll also:

- Indulge in a chocolate tasting.
- Explore a variety of coffees, teas, and dessert wines.
- Tour the CIA campus.

When you enlist in CIA Pastry Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner (Hyde Park) or enjoy lunch before class (St. Helena) in the CIA's on-campus public restaurants.

SKILL DEVELOPMENT BOOT CAMP

NY *July 6–7, Aug. 19–20, or Nov. 11–12; 7 a.m.–4 p.m.*, $850*

CA *Sept. 20–21, 1–8:30 p.m.*, $850*

It's in you. Somewhere just below the surface is a talented culinarian just waiting to create some magic in the kitchen, and our Skill Development Boot Camp will help you make it happen. This amazing two-day program offers an accelerated, comprehensive lesson in the culinary arts that gives you the confidence and dexterity to shine.

Come to the CIA, and release your inner chef! You'll explore the fundamentals of cooking as you work in our kitchens, attend wine-tasting lectures, and enjoy illuminating discussions.

You will:

- Learn new knife skills.
- Examine the principles of product identification.
- Study basic cooking methods.
- Become immersed in the basics of food and wine pairing.
- Tour the CIA campus.

When you enroll in CIA Skill Development Boot Camp, we will supply you with a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner (Hyde Park) or enjoy lunch before class (St. Helena) in the CIA's on-campus public restaurants.

SPECIALTY AND HEARTH BREADS BOOT CAMP

NY *Sept. 27–Oct. 1, 7 a.m.–4 p.m.*, $2,095*

CA *Oct. 18–22, 1–8:30 p.m.*, $2,095*

A crisp crust. A chewy crumb. An unmistakable, heavenly aroma. Nothing is more captivating than a French baguette straight from the oven. But it doesn't stop there. From the flatbreads of the Middle East to the renowned enriched breads of Europe, bakers around the world have been seducing our senses for thousands of years with their specialty breads. Now it's your chance to join the ranks and learn the art of bread baking from those who have mastered the craft.

Beginning with an ingredient function and equipment review, and progressing to shaping techniques and methods, you'll learn how you can prepare a variety of breads right from the comfort of your own home. At only pennies a batch, you'll want to treat yourself on a daily basis.

In this class, you will:

- Study weights and measures and become acquainted with such concepts as desired dough temperature and the total temperature factor.
- Learn the 12 steps of bread making and uncover the mysteries of pre-ferments and sours.
- Prepare a variety of fresh-baked artisan breads.
- Assess the quality characteristics of properly prepared bread products.
- Tour the CIA campus.

As a participant in Specialty and Hearth Breads Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner (Hyde Park) or enjoy lunch before class (St. Helena) in the CIA's on-campus public restaurants.

"Going to the CIA was one of the best experiences of my life. I had so much fun and learned so much—everything that I possibly could."

–Duff Goldman '98, owner, Charm City Cakes, and host, Ace of Cakes, Food Network

TECHNIQUES OF HEALTHY COOKING BOOT CAMP

NY *Sept. 7–10, 7 a.m.–4 p.m.*, $1,695*

Health and wellness–it's on people's minds a lot these days, and more and more it's reflected on their dinner tables too. Now you can learn to create healthful cuisine that tastes every bit as good as the "sinful" stuff; food you can enjoy with all the health benefits and none of the guilt!

In this four-day course, you will discover ways to apply sound nutritional principles to the foods you prepare, examine alternative seasoning and flavoring techniques that allow you to cut the fat content of your dishes, and plan a menu that emphasizes nutrition through a variety of foods.

You will also:
- Hear a lecture on nutrition given by a certified dietitian.
- Explore the "physiology of taste."
- Tour the CIA campus.

As a CIA Techniques of Healthy Cooking Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

NEW! WORLD CUISINE BOOT CAMP

NY *Dec. 6–10, 7 a.m.–4 p.m., $2,095*

Take a taste of the world! In this Boot Camp, you'll embark on an exciting exploration of flavors, ingredients, and dishes from around the globe, from the Old World and the Mediterranean to Asia and the Americas.

On the final day, you'll revisit each of these regions, this time focusing on flavorful street foods–one of today's hottest trends.

In this class, you will also:
- Discuss the ingredients and flavor profiles of select cuisines.
- Identify special equipment (such as woks and tagines) used in the preparation of various cuisines.
- Apply appropriate cooking methods when creating featured dishes.
- Participate in a tasting and lecture featuring global small dishes.
- Sample cheeses from around the world.
- Enjoy a wine tasting showcasing select wines of the world.
- Tour the CIA campus.

As a Boot Camp participant, you will receive two chef's uniforms, each with a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

CIA Boot Camp Tool Kits

A tool kit is optional for the Boot Camp programs. You may purchase one from the CIA Masters Collection® at a special price.

The Premier Package
- 8-inch Chef's Knife
- 10-inch Slicing Knife
- 3½-inch Paring Knife
- Sharpening Steel
- Chef's Spatula
- Peeler
- Bench Scraper
- Locking Tongs
- 14-inch Wooden Stirring Spoon
- 12-inch Flexible Balloon Whisk
- 10-inch Offset Metal Spatula
- 6-piece Measuring Spoon Set
- Analog Thermometer
- Cutlery Use and Care Booklet
- Backpack with Travel Cutlery Roll

Retail Price: $507 **Your Price: $425**

The Starter Package
- 7-inch Santoku Knife
- 6-inch Boning Knife
- 3½-inch Paring Knife

Retail Price: $195 **Your Price: $155**

To order either tool kit, contact customer service at 1-888-995-1699 at least three weeks prior to your program date. You will receive your knife kit when you arrive.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

Taking My Life Back, One Plate at a Time

By Dick Joseph

I had a great time in the CIA kitchens taking Boot Camp. If you watched me rush around the kitchen preparing my meal, it might be hard to imagine that about two years ago, I was lying in a hospital bed, unable to see, hear, or speak. Here's what happened.

I used to be very busy in the foodservice world, operating three restaurants in western Massachusetts. One day, I was working on a car in my auto body shop garage. Something slipped and suddenly a spring bearing 4,000 pounds of pressure slammed into my head. Now, I am a former semi-pro football player, so I just sort of shrugged off the wallop.

But a few days later, this untreated head trauma resulted in a brain aneurysm. It all happened at once: a severe headache, confusion, and then I suddenly collapsed. En route to the hospital, I suffered a stroke. Before I knew it, I had lost my hearing, sight, and speech.

At the hospital, I was rushed into surgery to save my life. It took seven hours. Then I was in the intensive care unit for two weeks, placed in a medically induced coma. The doctors said I would never walk or talk again. I aimed to prove them wrong. It took eight months of extensive rehabilitation in the hospital before I was able to take back my life and function again. I had to learn all over again how to walk, talk, and care for myself. But I am truly a survivor; I had already overcome lymphoma in the early 1990s.

As I explained, I had been in the restaurant trade a while back. I owned a small lounge called Emo's Pub & Grub, and a restaurant and lounge called The Cellar. I was also running a successful banquet facility at the Holiday Inn.

But the place was sold and I decided to leave the business. At the time of the accident, I was working part-time in restaurants as a line cook and salad man.

In the hospital rehab unit, there was a small kitchen used for occupational therapy. Making my own meals in that kitchen helped me regain my motor skills. After a while, I was able to relearn most of my culinary skills. In time, I had proved the doctors wrong by preparing dinners for the entire staff.

Cooking was my way of taking my life back. My life partner Valerie convinced me to enroll in a local community college's culinary program. She also surprised me with a CIA Boot Camp class to continue my rehabilitation. I first did it in September 2008 and loved it. At the CIA, I felt included in a world I had only dreamt about. I swore I would never give up and immediately began working on a way to return to this fabulous school. So I made sure I came back for another CIA Boot Camp.

It's true that my eyesight, hearing, and dexterity on my left side continue to be impaired. I don't maneuver around the kitchen as fast as other people. But I get the job done. The most rewarding aspect of my Boot Camp experiences was the feeling of advancement and accomplishment from working with such professionals. I topped it off by recently getting my culinary arts degree at a community college.

I've just opened a new restaurant, at age 62. We specialize in Middle Eastern food; I am Lebanese and I'm using family recipes going back two centuries. Considering what I have been through health-wise, I was tempted to call my place Dead Man's Diner but settled instead for Effendi's Oasis. (Effendi is Arabic for "friend.") The menu will emphasize healthy food, especially suitable for the elderly, handicapped, and diabetic. I am dedicated to accommodating their nutritional needs.

Taking CIA Boot Camp gave me the confidence I needed to be able to tackle this career goal. It is the most educational and rewarding experience I have ever had.

August *Recipe*

Each summer harvest brings an abundance of zucchini. Use your surplus to make these crunchy pancakes featuring feta cheese and chopped walnuts. The tzatziki adds richness to the pancakes. This common Greek sauce is made of cool yogurt and cucumber. You can also serve it on its own as a dip or spread.

Zucchini Pancakes *with* Tzatziki Sauce

Yield: 8 portions

TZATZIKI SAUCE

½ cup plain yogurt
½ cup sour cream
½ cup grated cucumber, squeezed dry
1 teaspoon minced garlic
1 tablespoon extra virgin olive oil
1 tablespoon chopped mint or dill
½ teaspoon lemon juice
1 teaspoon lemon zest
Salt, as needed
Fresh ground black pepper, as needed

ZUCCHINI PANCAKES

12 ounces coarsely grated zucchini
Salt, as needed
1 cup chopped scallions
4 large eggs, lightly beaten
3 ounces all-purpose flour
½ ounce chopped dill
½ ounce chopped flat-leaf parsley
1 tablespoon chopped tarragon
Salt, as needed
Freshly ground black pepper, as needed
3 ounces crumbled feta cheese
2½ ounces chopped toasted pine nuts
2 cups olive oil for pan-frying, or as needed

For the tzatziki sauce: Combine the yogurt, sour cream, cucumber, and garlic in a food processor and purée until smooth. Transfer to a bowl and fold in the olive oil, mint or dill, lemon juice, and zest. Stir until combined and season to taste with salt and pepper. Keep refrigerated until ready to serve.

For the zucchini pancakes: Place the grated zucchini in colander. Sprinkle with salt and let stand for 30 minutes. Squeeze the zucchini to remove as much liquid as possible. Dry the zucchini by pressing it between several layers of paper towels.

In a large bowl, combine the zucchini, scallions, eggs, flour, dill, parsley, tarragon, salt, and pepper until evenly blended. Fold in the feta cheese. (The pancake mixture can be prepared to this point up to 3 hours ahead. Cover tightly and refrigerate. Stir to blend before continuing.) Fold the pine nuts into the zucchini mixture.

Preheat the oven to 300 degrees F to keep the pancakes warm as you work. Place a baking sheet in the oven.

Add enough oil to a large skillet to come to a depth of about ⅛ inch, and heat the oil over medium-high heat until the surface of the oil shimmers. Working in batches, drop heaping tablespoons of the zucchini mixture into the hot oil, leaving enough room for the pancakes to spread as they cook. Fry until the pancakes are golden brown and cooked through, about 3 minutes per side. Transfer each batch of pancakes to the baking sheet in the oven to keep warm. Serve immediately with the tzatziki sauce.

Source: The CIA cookbook *KitchenPro Series: Guide to Produce Identification, Fabrication, and Utilization*

Explore more seasonal dishes and cooking methods—join us for our new class, **Produce: From Apples to Zucchini** (Taste of CIA Cookbooks; page 42).

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Intensive, hands-on culinary vacations designed to help foodies take their skills to the next level.

A TWIST ON THE WEEKEND

A completely different way to spend a Saturday or Sunday, our CIA Samplings, Taste of CIA Cookbooks, and Wine Explorations classes let students sample all the CIA has to offer.

A CIA SOPHISTICATED PALATE™ EXPERIENCE

Exclusive programs at the CIA at Greystone featuring hands-on cooking and visits with premier growers, vintners, and chefs that let food connoisseurs experience the best of California's legendary Napa Valley.

CIA COOKBOOKS AND DVDS

Insights, recipes, and step-by-step instruction from the award-winning faculty of The Culinary Institute of America–right in your own home kitchen.

CIA KITCHEN ESSENTIALS

Top-of-the-line CIA Masters Collection® kitchen equipment, the CIA™ Professional Series by Vita-Mix®, themed Gifts of Education packages…everything your culinary heart desires is at the CIA at Greystone store, on campus and online.

Shop the CIA at www.ciachef.edu/gifts or 1-888-995-1699.

THE CULINARY INSTITUTE OF AMERICA
Programs and Products for Food Enthusiasts
Hyde Park, NY | St. Helena, CA | San Antonio, TX

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The CIA at Greystone and the CIA, San Antonio are branches of the CIA, Hyde Park, NY.

Epicurean Adventures in the Napa Valley

Awaken your senses. Indulge your passion for food and wine with the Napa Valley's legendary vineyards, farms, and chefs as your inspiration.

Our exclusive CIA Sophisticated Palate™ programs were designed by Chef John Ash and CIA faculty for people like you—connoisseurs with an appreciation for fine living and a desire to expand their horizons.

You'll learn to prepare bold cuisines and explore the subtleties of food and wine pairing. You'll stretch your cooking skills, grow your understanding of flavor, and enjoy the camaraderie of fellow food aficionados in a region that's home to a vibrant community of chefs and bursting with fresh, flavorful ingredients.

From hands-on cooking instruction and exhilarating discussions to visits with local purveyors and the shared pleasures of the table, CIA Sophisticated Palate is an unforgettable experience.

FOODS AND FLAVORS FROM THE CALIFORNIA HARVEST

CA *Sept. 10 or Nov. 12, 8 a.m.–3:30 p.m., $495*

Napa and Sonoma epitomize what living and eating in Northern California is all about. In this one-day program, you will:

- Prepare contemporary dishes that exemplify current culinary trends in Northern California.
- Focus on local products and producers that have helped define the cooking of this region.
- Discover and enjoy special wines of the area and learn a bit about how to pair them with food.
- Discuss Northern California's commitment to sustainability and how you can incorporate these principles into your cooking.

CALIFORNIA GRILLING

(FORMERLY LIVE-FIRE COOKING)

CA *Aug. 2–3, 8 a.m.–9 p.m., $1,995*

There is something about cooking with fire that kindles an ancient and primal stirring in many of us. In this two-day program, you will:

- Use the grill (both gas-fired and charcoal) and whatever other tools we can employ to explore the possibilities of fire cooking.
- Discuss and use a variety of flavor-producing techniques associated with cooking with fire, such as smoking, rubs and mops, plank roasting, and more.
- Learn secrets of cooking with fire firsthand from our guest "pit master" (a.k.a., BBQ expert).
- Experience the beverages that are appropriate and match best with California grilling.

Please note that course time covers morning hands-on sessions and afternoon and evening excursions and activities.

A TASTE OF NORTHERN CALIFORNIA

CA *July 27–28, Aug. 30–31, Sept. 27–28, or Oct. 25–26; 8 a.m.–9 p.m., $1,995*

Over two days, you'll have the chance to intimately explore the now-legendary foods and wines of California's Wine Country:

- Utilize the bounty of California's ingredients, including the produce, cheeses, meats, and seafood that have helped define "California cuisine."
- Prepare signature dishes using a variety of cooking techniques, including grilling, slow roasting, braising, and more.
- Study in depth some of the special wines from California that have helped shape the region's cuisine.
- Learn more about the fundamentals of food and wine pairing.
- Visit artisan purveyors and wineries to gain a deeper insight into the special people who help make California such a beloved culinary destination.

Please note that course time covers morning hands-on sessions and afternoon and evening excursions and activities.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

www.ciachef.edu/enthusiasts

Just the Way *You Like* It

CREATE A CUSTOM SOPHISTICATED PALATE EXPERIENCE

If you're looking for the perfect way to mark a milestone birthday, bring far-flung friends or family together, or build teamwork with colleagues, consider CIA Sophisticated Palate.

By advance arrangement, we can create a custom program for your private group of 6 to 12 guests tailored to fit your interests and skills—and your busy schedules.

You tell us the type of cuisine you'd like to explore, the topics you want to delve into, and every other ingredient of your fantasy epicurean getaway. We'll create a custom program that gives you all the personal, hands-on kitchen instruction; invigorating discussions; and behind-the-scenes insights into the Napa Valley food and wine scene that CIA Sophisticated Palate is known for.

Call our hospitality and guest programs manager at 707-967-2328 today!

"Chef John Ash's lecture on flavor, wine, and food was the most amazing lesson on creating food that tastes great that I have ever had the privilege to attend. It will forever change the way I approach cooking and thinking about flavor."

–Brett Stover, Cincinnati, OH

PRICING AND CONFIRMATION

CIA Sophisticated Palate prices include all instruction and scheduled off-campus sessions, along with breakfasts, lunches, and selected dinners.

Once registered, you will receive a confirmation package in the mail. This package will include everything you need to know regarding your schedule of events and the Greystone campus.

GUEST SERVICES

Providing guests with exceptional hospitality comes as second nature to The Culinary Institute of America, so you can rest assured that every detail during your stay at Greystone will be attended to. Call on our guest services manager for assistance with just about anything you might need–whether you're looking for restaurant recommendations, directions, or interesting places to visit on your free time, we've got you covered.

REGISTER NOW—SPACE IS LIMITED

To give you the best, most in-depth experience possible, all CIA Sophisticated Palate classes are limited to just 12 participants. Reserve your spot today!

Tool Kit–CIA Sophisticated Palate

A knife kit is optional for the Sophisticated Palate programs. However, you may purchase one from the CIA Masters Collection® at a special price exclusively for CIA continuing education students. The kit includes:

- 8-inch Chef's Knife
- 3-inch Bird's Beak Parer
- Cutlery Drawer Storage
- 5-inch Cook's Knife
- Sharpening Steel
- 3½-inch Paring Knife
- 9-inch Bread Knife
- 5½-inch Utility Knife
- 7-inch Santoku Knife
- Black Knife Roll Bag

Retail Price: $430

Your CIA Sophisticated Palate Price: $387

To order, contact the CIA at Greystone's guest services manager at 707-967-2328 at least three weeks prior to your program date. You will receive your knife kit when you arrive.

A SPECIAL OFFER FOR YOUR GUESTS

After the hands-on cooking portion of the day is complete, guests of CIA Sophisticated Palate attendees are welcome to join the group in such afternoon indulgences as:

- A gourmet lunch created by your travel companion
- Select off-campus excursions
- Dinner at the CIA's acclaimed Wine Spectator Greystone Restaurant (available only for the two-day program)

In addition, concierge services will be available to help guests make the most of their mornings in the Valley.

The cost for guest participation in the afternoon indulgences is $250 for the one-day program and $500 for the two-day program. Please call our customer service associates at 1-888-995-1699 for more information about this special opportunity.

John Ash: The Chef Behind the Program

CIA Sophisticated Palate is a one-of-a-kind learning experience, so naturally there's a truly unique chef at the center of it all—acclaimed restaurateur, educator, and author John Ash. Together with the CIA faculty and Chef Andrew Wild, he has conceived and delivered an innovative and inspiring program for culinary connoisseurs. Chef Ash's talent for sharing his longtime passion for food and wine led to his being named "Cooking Teacher of the Year" in 2008 by the International Association of Culinary Professionals.

Chef Ash first burst onto the national culinary scene in 1985, when he was named one of America's "Hot New Chefs" by *Food & Wine*. His restaurant, John Ash & Company, has earned critical acclaim since opening in 1980. He also served as culinary director for Fetzer Vineyards and is a member of the CIA at Greystone's Professional Wine Studies faculty.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

Sweet Potato *and* Peanut Soup

September *Recipe*

September 13 is National Peanut Day…the perfect excuse to prepare this unique, slightly sweet soup. Peanut butter and chopped peanuts combine with sweet potatoes for a flavorful meal you won't soon forget. To accentuate the sweetness and velvety smoothness of the soup, pair with a Southern-style jalapeño skillet cornbread.

Makes 8 servings

- 3 tablespoons butter
- ½ cup chopped celery
- 1¼ cups chopped onion
- 1 garlic clove, minced
- ¾ cup chopped leek (white and light green parts)
- 3 cups sliced sweet potatoes (peeled)
- 1 quart chicken broth
- 3 tablespoons creamy peanut butter
- ¼ cinnamon stick
- ¾ cup peanuts
- 1¼ cups heavy cream, divided use
- Salt, as needed
- 2 tablespoons molasses
- Freshly grated nutmeg, as needed
- Chopped peanuts for garnish

Preheat the oven to 325 degrees F. Melt the butter in a soup pot over medium heat. Add the celery, onion, garlic, and leek. Stir to coat evenly with butter. Cook, stirring frequently, until the vegetables are softened, 4 to 6 minutes.

Add the sweet potatoes, broth, peanut butter, and cinnamon stick. Bring to a simmer and cook until the potatoes are fully tender, about 25 minutes.

Meanwhile, spread the peanuts in a single layer in a pie pan. Toast the peanuts in the oven until light brown, 3 to 5 minutes. Shake the pan occasionally and watch carefully, as nuts can burn quickly. Let the peanuts cool, chop coarsely, and set aside.

Remove and discard the cinnamon stick. Purée the soup and strain it. Return the soup to the soup pot and place over low heat. Add ½ cup of the cream. Season to taste with salt. Keep warm but do not boil.

Combine the remaining ¾ cup cream with the molasses, nutmeg, and a pinch of salt. Whip until stiff peaks form. Serve the soup in heated bowls, garnished with the whipped cream and chopped peanuts.

Source: The CIA cookbook *The New Book of Soups*

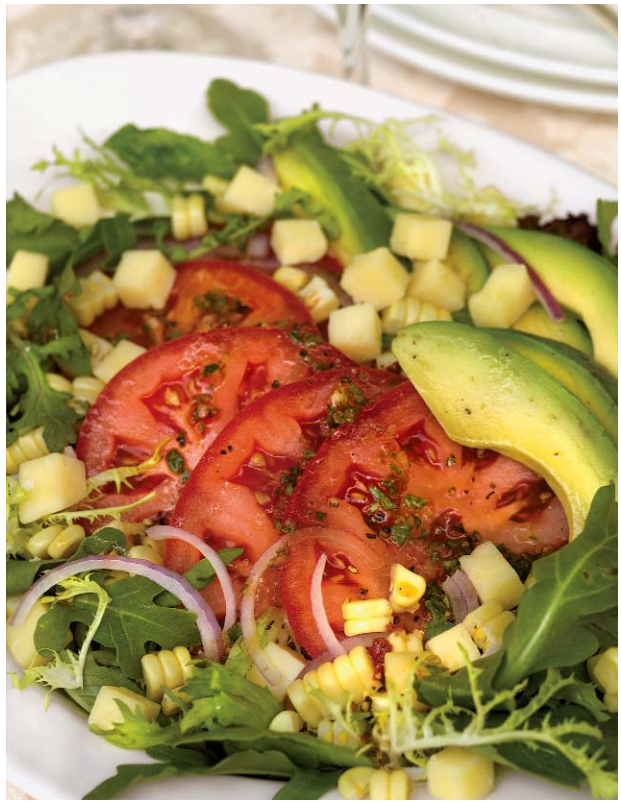
To experience more unique recipes and soup-making techniques, attend our weekend **Soups** class (Taste of CIA Cookbooks). See page 43 for all the details.

What's Cooking at the CIA?

Enjoy a selection of recipes from our award-winning cookbooks. These tear-out cards offer a convenient sampling of the many dishes you'll make in our Taste of CIA Cookbook classes.

Herb-marinated Yogurt Cheese

Tomato, Avocado, and Roasted Corn Salad



Seared Scallops with Fruit Salsa

Chocolate Mousse

Tomato, Avocado, and Roasted Corn Salad

If you have the grill going, you can cook the corn on the grill instead of in the oven.

MAKES 8 SERVINGS

4 ears of corn with husks still attached
Salt, as needed
6 cups mesclun lettuce mix, cleaned
1 cup vinaigrette of choice
3 red beefsteak tomatoes, sliced ¼" thick
2 avocados, cut into slices
1 medium red onion, sliced thin
1 cup small-diced aged Cheddar cheese
2 teaspoons freshly ground black pepper

Preheat oven to 400 degrees F. Roast the unhusked corn until tender, about 45 minutes. To check doneness, pull the husk partially away from the biggest ear. If you can pierce a kernel easily with a fork, it is done. Remove from oven and cool completely.

Shuck the corn and cut the kernels from the cobs. Place kernels in a mixing bowl and toss with 1 teaspoon salt. Reserve.

Toss the mesclun with ½ cup vinaigrette. Mound it on a chilled platter and top with tomatoes, avocados, and red onion. Sprinkle with cheese and reserved corn. Drizzle with remaining dressing. Season with salt and pepper.

Source: The Culinary Institute of America's *Vegetables* book

Herb-marinated Yogurt Cheese

This delicious cheese can be used as a spread for crackers or bruschetta.

MAKES 8 APPETIZER PORTIONS

2 pounds plain yogurt (whole, low-fat, or fat-free)
1 teaspoon salt
1 teaspoon ground black pepper
2 teaspoons chopped oregano
1 teaspoon chopped thyme
½ teaspoon red chile flakes
1 bay leaf
1 cup extra virgin olive oil

Mix the yogurt, salt, and pepper and let drain, refrigerated, for 3 days in a cheesecloth-lined colander or a cheesecloth or muslin bag set over a bowl. There must be space underneath the sack to allow the whey to drain.

Divide the cheese into 2-ounce portions and place on parchment-lined trays. Allow to drain and dry on a rack uncovered overnight, refrigerated.

Combine the remaining ingredients to make marinade. Add the cheese, and marinate 12 to 24 hours before serving.

Source: The Culinary Institute of America *KitchenPro Series: Cheese Identification, Classification, and Utilization*

Chocolate Mousse

Select a good bittersweet (but not unsweetened) chocolate for this luscious dessert.

MAKES 10 FOUR-OUNCE SERVINGS

5 large egg yolks
2 shots hot espresso coffee
2 tablespoons sugar
1 teaspoon vanilla
8 ounces dark chocolate, melted
¾ cup heavy cream, whipped to soft peaks, plus more for garnish

Meringue
4 large egg whites
¼ cup sugar

Beat the yolks with the espresso, sugar, and vanilla until a mousse-like foam is achieved, 10 to 15 minutes. Stir in the melted chocolate. Set aside while preparing the meringue.

In a clean bowl, whip the egg whites to a thick foam and add the sugar gradually while still beating. Continue to whip after all the sugar is added until you have a soft, glossy meringue, about 5 minutes. Fold the meringue into the chocolate mixture in two or three additions, just until it is evenly blended. (The meringue will deflate a little as you work, but adding it in parts helps keep it as light as possible.) Fold in the ¾ cup of whipped cream.

Immediately spoon or pipe the mousse mixture into molds (stemmed glasses, custard cups, or soufflé dishes are all good options). Chill the mousse at least 3 hours before serving. Garnish each serving with whipped cream.

Source: The Culinary Institute of America cookbook *Bistros and Brasseries*

Seared Scallops with Fruit Salsa

Searing scallops keeps them plump and tender on the inside, crisp and golden on the outside.

MAKES 6 SERVINGS

2 pounds sea scallops
2 tablespoons vegetable oil
Fruit salsa, store bought

Remove the muscle tabs from the scallops; blot scallops dry. Heat a sauté pan on medium-high heat. Add the oil to coat bottom of the pan. Place the scallops in the pan and sauté on the first side for about 2 to 3 minutes, or until golden brown. Turn the scallops once and sauté on the second side.* Do not overcrowd the scallops in the pan; if necessary, cook in batches, holding those that are cooked in a warm oven.

Serve the scallops with the fruit salsa.

***Note:** The scallops will release from pan when properly browned. Do not try to pry them from the pan, as they will tear.

Source: The Culinary Institute of America's *Gourmet Meals in Minutes*

SALADS don't have to be just tossed greens with a slice of cucumber. Shifting the emphasis toward vegetables other than lettuce improves the nutritional value of a salad. It also adds rich textures and flavors. Lots of vegetables in your salad can even "upgrade" a side dish to an entrée or appetizer.

AVOCADOS IN SALADS

Avocados add creaminess, richness, and a wealth of nutrients to a dish. Choose avocados that are ripe or nearly ripe. To check for ripeness, cradle the avocado in the palm of your hand, wrap your fingers lightly around the avocado, and press very gently. A ripe avocado will give very slightly. Use the following guidelines to keep ripe avocados from turning brown.

Peel avocadoes just before you use them. Make a single cut, starting at the stem end and cutting completely around the avocado. Twist the two halves in opposite directions and pull the avocado apart to expose the seed (a large, round pit). Pry out the pit with your fingertips or a spoon. If the avocado is ripe, the skin will pull easily away from the flesh. Just bend the skin back slightly. Or, you may use a serving spoon to scoop out the flesh. Use a very sharp knife to cut the slices and sprinkle them with lemon or lime juice to prevent browning.

CORN IN SALADS

Although corn on the cob, served hot from the pot or grill, is a classic accompaniment to a main dish, it is also a perfect addition to salads. Plump, sweet kernels add a refreshing burst of flavor, as well as a flash of color. To prepare corn to serve cold, prepare it as you normally would. For a subtle, smoky taste, you may want to grill the corn. Steaming, boiling, and roasting are also great options.

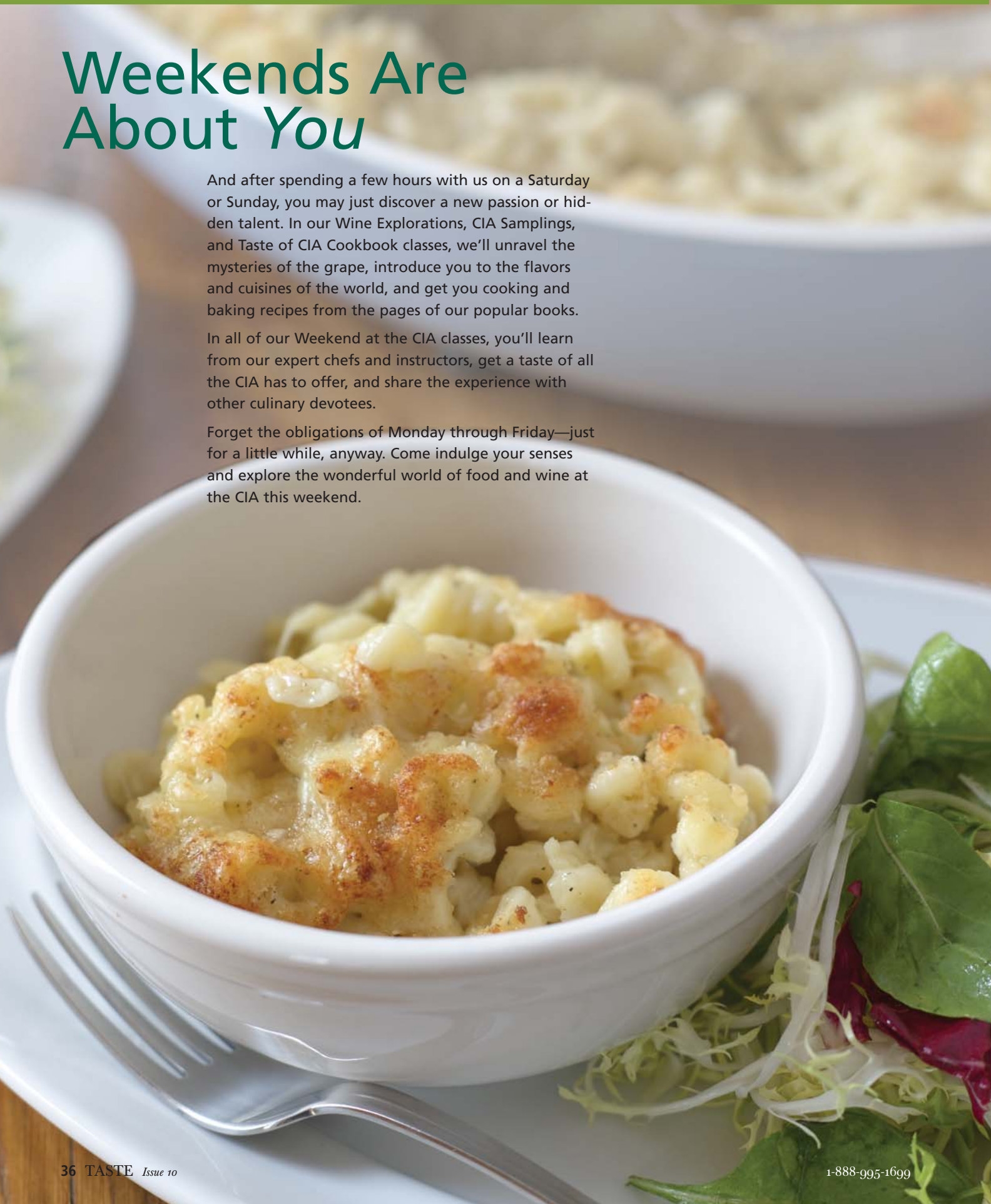
Pull the husk and silk away from the corn, if you haven't already. Set the broad end of the ear of corn down on a stable work surface. Use a chef's or utility knife to cut the kernels away from the cob by making a slice from the tip to the end. The kernels should feel like they are "popping" off the cob. Once you've cut the kernels from the cob, you can break the large pieces up if you wish.

Weekends Are About *You*

And after spending a few hours with us on a Saturday or Sunday, you may just discover a new passion or hidden talent. In our Wine Explorations, CIA Samplings, and Taste of CIA Cookbook classes, we'll unravel the mysteries of the grape, introduce you to the flavors and cuisines of the world, and get you cooking and baking recipes from the pages of our popular books.

In all of our Weekend at the CIA classes, you'll learn from our expert chefs and instructors, get a taste of all the CIA has to offer, and share the experience with other culinary devotees.

Forget the obligations of Monday through Friday—just for a little while, anyway. Come indulge your senses and explore the wonderful world of food and wine at the CIA this weekend.



Taste of CIA Cookbooks

When it comes to cooking, we wrote the book–and then some! Our wide variety of cookbooks cover just about every culinary niche, from brunch and breads to butchery and braising. In these hands-on classes, you'll chop and cook and bake from our pages and then take the book home to do it all again in your own kitchen.

ARTISAN BREADS AT HOME

NY *Sept. 11, Sept. 18, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Oct. 2, 9:30 a.m.–2:30 p.m.; $250*

Making artisan bread at home is now within your reach. With the right tools, techniques, and ingredients, you'll find it's much easier than you might think. In this hands-on class, we'll uncover the mysteries of artisan bread baking and show you how to prepare a perfect loaf in your kitchen. We'll discuss flours and yeast products, preferred equipment, and professional techniques, including proper mixing methods, gluten development, and the 12 steps of bread making. You will then get the chance to get down to business, preparing and sampling a variety of delicious breads.

As a participant in this class, you will receive a CIA logo apron and a copy of *Artisan Breads at Home* to take back to your own kitchen.

BAKING AT HOME—THE DESSERTS

NY *Sept. 11, Sept. 18, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 14 or Dec. 4, 9:30 a.m.–2:30 p.m., $250*

TX *Nov. 6, 9:30 a.m.–2:30 p.m., $250*

Impress your family and friends with the delectable desserts featured in Baking at Home. During this class, you'll learn fundamental techniques and simple recipes for preparing a selection of irresistible favorites. Through chef demonstrations, informative lectures, and kitchen production, you'll discover how easy it can be to create impressive, professional-quality desserts in your own kitchen. Improve your baking skills today and astonish your loved ones tomorrow!

As a student in this class, you will receive a CIA logo apron and a copy of *Baking at Home with The Culinary Institute of America* to take home.

Parent and Teen Day–October 23

Spend time together with your teen in our kitchens and bakeshops, nurturing a budding interest in culinary arts or just plain having fun. All of our October 23 Taste of CIA Cookbook classes are devoted to parents and teens, so you'll be in great company. Reserve your spots now—these classes are sure to fill up fast! Teens participating in these classes must be at least 12 years old.

BEHIND THE MEAT COUNTER

NY *Sept. 18, Oct. 30, Nov. 13, or Dec. 11; 9:30 a.m.–2:30 p.m., $325**

Whether shopping at the farmers' market or the discount wholesale store, purchasing large cuts of meat and portioning them at home can really save you money. Get a comprehensive lesson in meat butchery in this hands-on course. You will learn a variety of meat-cutting skills, including frenching a rack of lamb, dividing a pork loin into chops and roasts, cutting individual sirloin steaks, preparing fresh ground beef, and fabricating chicken into smaller portions. You'll also cover proper knife handling, knot tying, hand saw skills, storage and food safety tips, and how to assess meats for quality. Knives and tools will be provided in class.

As a participant in this class, you will receive a copy of *Kitchen Pro Series: Guide to Meat Identification, Fabrication, and Utilization,* along with a CIA logo apron to take home.

Please note that all meats will be available for you to take home. Portions will be vacuum packaged using the CIA's industry-style vacuum system. Ice packs will be provided for travel. **Please bring a medium-size cooler for transport. A cooler is required.**

*Cost of this course includes $250 for tuition and $75 for meat items fabricated in class.

"Although I have almost 20 years of baking experience, and have written hundreds of recipes, articles, and blog posts on baking, I learned something completely new in Baking at Home—The Desserts. From the very first exercise, I improved and grew as a baker. That's what happens at the CIA."

–Sandy Smith, Saugerties, NY

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

www.ciachef.edu/enthusiasts

BISTROS AND BRASSERIES

NY *Sept. 11, Sept. 18, Oct. 30, Nov. 13, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *July 31 or Oct. 16, 9:30 a.m.–2:30 p.m., $250*

TX *Oct. 23, 9:30 a.m.–2:30 p.m., $250*

Bistro and brasserie cuisine is essentially casual food; seasonal and regional favorites that have evolved over many generations with necessity as their driving force. These dishes are not only about sustenance but also comfort. In this course, you'll prepare simple yet delicious bistro classics such as beef stew with red wine, a creamy leek and cheese tart, and chocolate mousse. You'll also enjoy chef demonstrations of omelets, crêpes, and sandwiches such as the croque monsieur, all from the pages of the CIA's *Bistros and Brasseries.*

As a student in this class, you will receive a CIA logo apron and a copy of *Bistros and Brasseries* to take home.

BREAKFASTS AND BRUNCHES

CA *July 31, 9:30 a.m.–2:30 p.m., $250*

TX *Dec. 4, 9:30 a.m.–2:30 p.m., $250*

Breakfasts and brunches can be as simple or elaborate as your time and appetite dictate. All you need are fresh ingredients, a few culinary techniques, and some hungry guests. In this class, you'll learn the ins and outs of breakfast breads and egg cookery and be introduced to a wide range of easy recipes from the CIA *Breakfasts & Brunches* cookbook. You'll also find out how to prepare everything from classic favorites such as buttermilk pancakes to sumptuous brunch fare like eggs Benedict.

As a participant in this class, you will receive a copy of our *Breakfasts & Brunches* cookbook, along with a CIA logo apron to take home.

"I must admit I was a little nervous at the beginning, but I had an absolute blast. I learned a lot, the chef and his assistants were so helpful, and I had so much fun preparing the dishes. I can't wait to do another class."

–Karla Davis, San Antonio, TX

CAKE DECORATING

NY *Sept. 11, Oct. 23 (Parent/Teen), Nov. 6 (Parent/Teen), Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

Cake decorating is much more than piping out "Happy Birthday" on top of your creation–it's a real art! In this enjoyable class, you'll learn the secrets of the decorating process, from assembling the cake to adding the finishing touches. You'll start with simple step-by-step lessons in cutting, filling, and icing, and finish by making your very own cake creation. Along the way, you'll learn how to prepare icing, use food coloring, and make basic leaves, flowers, and borders. By the end of class, you will have covered everything you need to know to create unique cakes for all your special occasions.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Cake Art* cookbook to take home.

CHOCOLATES AND CONFECTIONS AT HOME

NY *Sept. 18, Oct. 23 (Parent/Teen), Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

Ah, chocolate! Everyone loves it, and some even claim to be addicted to it. And who can blame them? In this hands-on class designed especially for chocoholics, you'll learn how to prepare impressive and incredibly delicious chocolates at home. Whether your weakness is white, milk, or dark chocolate, you will prepare a selection of confections using the finest ingredients. You'll also discuss equipment information, packaging and storage practices, and important tips for chocolate-making success. At the end of class, you'll sample your handmade creations and take home the rest to share with family and friends.

As a participant in this class, you will receive a CIA logo apron and a copy of *Chocolates at Home* to take back to your own kitchen.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

CIA FAVORITES

NY *Sept. 11, Sept. 18, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 28, 9:30 a.m.–2:30 p.m., $250*

TX *Aug. 7, 9:30 a.m.–2:30 p.m., $250*

Sample some of the CIA's all-time favorite recipes in this class, which features dishes straight from the pages of *The Culinary Institute of America Cookbook*. From savory starters and hearty entrées to decadent desserts, you'll explore it all. Through chef demonstrations and kitchen production, you'll learn a variety of cooking skills and helpful tips and discuss basic cooking methods, ingredient selection, and plating techniques. Prepare to take a deeper look into the fundamentals of cooking as you taste some of our most popular creations.

As a participant in this class, you will receive a CIA logo apron and a copy of *The Culinary Institute of America Cookbook* to take home.

COOKING AT HOME

CA *July 17 or Oct. 2, 9:30 a.m.–2:30 p.m., $250*

In search of delicious recipes that offer everyday ease in the kitchen? If you're new to cooking or interested in building your culinary skills, this is the class for you. From menu planning to ingredient selection to kitchen organization, you'll learn all the fundamental techniques needed to breeze through meal preparation with speed and confidence. You'll also enjoy chef demonstrations that guide you through a variety of cooking methods as you create simple, everyday meals.

As a participant in this class, you receive a copy of *Cooking at Home with The Culinary Institute of America,* along with a CIA logo apron to take home.

But Wait…
There's More!

Check our Web site for the very latest. Our Taste of CIA Cookbook classes are so popular that we often add more dates as well as **new** courses. Visit www.ciachef.edu/enthusiasts/weekends/taste.asp.

NEW! COOKING WITH CHEESE

NY *Oct. 30 or Dec. 4, 9:30 a.m.–2:30 p.m., $250*

With countless varieties of cheese available–fresh, rind-ripened, semi-soft, blue, pasta filata, hard–how do you choose the best one for your dish? You'll find out after participating in this trek around the world of cheese. In this course, you will learn about various cheese types and families, ripening and aging techniques, and the most popular source milks. You will also discover the simplicity of making fresh cheese at home, enjoy a cheese tasting, and learn to prepare a selection of cheese-based dishes, from a fresh mozzarella appetizer to a savory cheese soufflé.

Participants in this class will receive a CIA logo apron and a copy of the CIA's *Kitchen Pro Series: Guide to Cheese Identification, Classification, and Utilization* to take home.

THE FLAVORS OF ASIA

NY *Sept. 11, Sept. 18, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 14, 9:30 a.m.–2:30 p.m., $250*

Discover the treasures of the Asian kitchen. The styles, culinary traditions, and flavors that encompass Asian cuisine are as vast as the continent itself. In this one-day exploration of the intricacies of Asian cookery, you'll learn about the cuisines of Vietnam, Thailand, China, Japan, Korea, and India. You'll discover intriguing new ingredients and techniques unique to the Eastern world, and also learn how to incorporate everyday food items into your Asian-inspired dishes. Then, using the cooking methods, ingredients, and flavor profiles discussed in class, you'll prepare a variety of authentic Asian dishes.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Flavors of Asia* cookbook to take home.

NEW! FOOD JOBS: HOW TO EMBARK ON A NEW CULINARY CAREER

NY *Sept. 11, 9:30 a.m.–2:30 p.m., $250*

Sure, you could aim to become the next celebrity television food personality, but what about being a recipe tester, food stylist, freelance food writer, restaurant publicist, or specialty cake designer? In this illuminating course, food industry and cookbook veteran Irena Chalmers–author of more than 50 cookbooks with sales exceeding 18 million copies–suggests scores of such food careers, reveals the skills you'll need to get started, answers frequently asked questions, and identifies resources for specialized information.

As a participant in this class, you will receive a copy of Ms. Chalmers' *Food Jobs: 150 Great Jobs for Culinary Students, Career Changers and Food Lovers,* winner of the 2009 Best Book in the World for Food Professionals.

NEW! GLUTEN-FREE BAKING FOR THE HOLIDAYS

NY *Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

The holidays are a time for indulging, even for those with dietary restrictions. If you're unable to digest wheat-based products due to allergies, you can now prepare yourself for a holiday season full of delicious, fresh-baked treats. In this class, you will learn how to create a sampling of gluten-free goodies, from stollen and cookies to pies, tarts, and cakes. Your guests will have no idea that you used products such as rice flour, soy flour, potato starch, and tapioca in place of wheat flour. Come and enjoy the pleasure of fresh-baked sweets–just in time for the holidays.

As a participant in this class, you'll receive a copy of *Gluten-Free Baking* and a CIA logo apron to take home.

Please note that the emphasis of this class is gluten-free baking; other dietary needs will not be addressed.

GOURMET MEALS IN MINUTES

NY *Sept. 11, Sept. 18, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Sept. 18, 9:30 a.m.–2:30 p.m., $250*

With today's hectic pace, there doesn't seem to be enough time to prepare creative and flavorful meals. But it is possible. Inspired by the CIA *Gourmet Meals in Minutes* cookbook, this course focuses on culinary foundation techniques that will help enhance your kitchen knowledge, hone your skills, and increase your speed and efficiency. You'll learn to prepare a variety of foolproof recipes that save precious minutes at mealtime without sacrificing flavor. Forget takeout–get ready to cook at home!

As a participant in this class, you will receive a CIA logo apron and a copy of The Culinary Institute of America's *Gourmet Meals in Minutes* to take home.

GRILLING

NY *Sept. 11, Sept. 18, Oct. 30, or Nov. 6; 9:30 a.m.–2:30 p.m., $250*

CA *July 17, 9:30 a.m.–2:30 p.m., $250*

TX *Aug. 21, 9:30 a.m.–2:30 p.m., $250*

Grilling isn't just for steaks and burgers–this popular cooking technique can be used to produce a variety of foods with exotic flavors. Focusing on the lessons and recipes from the CIA *Grilling* cookbook, you'll learn the tips and tricks for preparing nearly any food on the grill. From zesty appetizers to mouth-watering entrées to luscious desserts, there's no limit to what you can prepare over the flame. Join us for this introductory class and we'll satisfy your passion for outdoor grilling and culinary adventure.

Participants in this class will receive a CIA logo apron and a copy of The Culinary Institute of America's *Grilling* cookbook to take home.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

NEW! HORS D'OEUVRE FOR THE HOLIDAYS

NY *Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

TX *Nov. 13, 9:30 a.m.–2:30 p.m., $250*

Served formally or casually, hors d'oeuvre are always a crowd favorite, especially during the holidays. Join us as we create a broad range of stylish small bites, from informal starters to elegant appetizers. Through chef demonstrations and hands-on activities, you will learn the techniques and recipes for preparing a selection of bite-sized treats perfect for holiday entertaining. Whether you're hosting a party for two or 20, you will have the confidence and culinary know-how you need to cater your own gathering and impress your guests.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Hors d'Oeuvre at Home* cookbook to keep.

NEW! AN INDIAN FEAST

NY *Sept. 18, Nov. 6, or Dec. 4; 9:30–2:30 a.m., $250*

Explore the mystique and lore of one of the most colorful and exciting culinary regions of Asia. As a nation of 28 states, India contains a dramatic range of cuisines showcasing seasonal ingredients and unique cooking techniques. During this rich and informative culinary expedition, the distinct preferences of India's most influential states will be unveiled as you prepare authentic dishes from Kerala, Gujarat, Goa, West Bengal, Tamil, and Punjab. Featured dishes include lamb with vinegar and garlic, cashew nuts with coconut, mixed vegetable curry, chicken with mustard seeds, black pepper rice, Goan bread, and naan bread.

As a participant in this class, you will receive a CIA logo apron and a copy of *The Flavors of Asia* to take home.

THE ITALIAN TABLE

NY *Sept. 11, Sept. 18, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 14 or Oct. 16, 9:30 a.m.–2:30 p.m., $250*

TX *Oct. 2, 9:30 a.m.–2:30 p.m., $250*

Satisfy your craving for true Italian cuisine. In this hands-on class, you'll embark on an exploration of traditional Italian home cooking inspired by The Culinary Institute of America's new release, *A Tavola!* Emphasizing seasonal foods, handcrafted ingredients, and the flavors and textures of a perfectly cooked meal, these delicious age-old classics–from antipasti to stews, braises, and simple pasta dishes–will help you uncover the secrets of authentic Italian cooking.

As a participant in this class, you will receive a CIA logo apron and a copy of *A Tavola!* to take home.

ONE DISH MEALS

NY *Sept. 11, Nov. 6, Nov. 13, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Aug. 28 or Nov. 13, 9:30 a.m.–2:30 p.m., $250*

What could be more simple and convenient than preparing a one dish meal? Whether it's a fresh, crispy salad on a hot summer day or a hearty baked casserole served in the middle of winter, one dish meals fit the bill. In this hands-on class, you will discover easy-to-master cooking techniques and flavorful recipes for an exciting assortment of delicious, everyday selections. From slow-cooked braises to simple pasta dishes that can be assembled in minutes, you're sure to enjoy the globally inspired cuisine featured in this class.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA's *One Dish Meals* to take home.

NEW! POULTRY: FROM ROOSTERS TO ROASTERS

NY *Oct. 30 or Dec. 4, 9:30 a.m.–2:30 p.m., $250*

Whether it's served for a casual weekday meal or at a sophisticated dinner party, poultry can add both versatility and elegance to your menu. In this class, you will discover an exciting variety of ways to prepare everything from chicken and turkey to goose and duck. Through chef demonstrations and hands-on cooking, you will learn how to fabricate, grill, sauté, roast, brine, and carve the perfect bird. Featured recipes include Frenched chicken breast with fresh basil sauce, apple-walnut-stuffed Cornish game hen, Columbian chicken sancocho, chicken paprikash, turkey pastrami, roast goose Grand Marnier, and duck magret with sauce cassis.

Participants in this class will receive a CIA logo apron and a copy of the CIA's *Kitchen Pro Series: Guide to Poultry Identification, Fabrication, and Utilization* to take home.

NEW! PRODUCE: FROM APPLES TO ZUCCHINI

NY *Sept. 11, 9:30 a.m.–2:30 p.m., $250*

CA *Sept. 18, 9:30 a.m.–2:30 p.m., $250*

Store-bought or straight from the garden, fruits and vegetables provide limitless options for mealtimes. Whether it's a spicy stir-fry loaded with fresh veggies or a hot fruit cobbler, seasonal produce makes recipes extra-special. In this class, you will prepare a variety of dishes incorporating items from the year's harvest. You will also learn how to choose a broad assortment of produce at the supermarket, along with the best cooking methods for your selection. Come join us as we take full advantage of what's at the peak of season.

As a participant in this class, you will receive a CIA logo apron and a copy of *KitchenPro Series: Guide to Produce Identification, Fabrication, and Utilization* to take home.

Please note that this is not a vegetarian class.

NEW! SEASONS IN THE WINE COUNTRY

CA *July 31, Aug. 28, Sept. 18, Oct. 2, Nov. 13, or Dec. 4; 9:30 a.m.–2:30 p.m., $250*

For decades, California's fertile Napa Valley has been home to people who craft food and wine, from farmers and artisans to winemakers and chefs. In this class, the flavors of the Napa Valley and the expertise of chefs and wine professionals from the CIA at Greystone will bring the spirit of wine country into your kitchen. You'll learn cooking techniques, wine pairings, and how to create dishes born of the seasons of the vineyard, bringing the spirit of wine country cooking to your table no matter where you live.

As a participant in this class, you will receive a CIA logo apron and a copy of *Seasons in the Wine Country: Recipes from The Culinary Institute of America at Greystone.*

"The CIA is the best cooking school in the country."

–Sara Moulton '77, chef, cookbook author, and host,* Sara's Weeknight Meals, *PBS

SHARPENING YOUR KNIFE SKILLS

NY *Oct. 23 (Parent/Teen), Nov. 6, or Dec. 4; 9:30 a.m.–2:30 p.m., $250*

CA *July 17 or Nov. 13, 9:30 a.m.–2:30 p.m., $250*

Professional chefs agree…the number one tool in the kitchen is a quality knife. And since knives provide the foundation for good food, it's essential for every cook to understand how to get the most from this indispensable implement. In this all-important class, you'll learn all about knife selection, maintenance, and usage. You'll also discuss and practice proper knife care, knife handling and safety, and knife cuts. From creating a dice to producing a chiffonade, you'll gain the skills you need to take your cooking to the next level.

As a participant in this class, you will receive a copy of the CIA textbook *In the Hands of a Chef,* along with a CIA logo apron to take home.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

SOUPS

NY *Sept. 11, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Dec. 4, 9:30 a.m.–2:30 p.m., $250*

TX *Dec. 11, 9:30 a.m.–2:30 p.m., $250*

What could be more comforting than a bowl of homemade soup? Whether it's a clear broth, creamy purée, chunky gumbo, or rib-sticking chowder, there's a soup to suit every season and nearly every occasion. Plus, soup preparation provides essential culinary lessons, from flavor development to seasoning. In this class, you'll learn the fundamental techniques and characteristics of various soup categories as you prepare a selection of satisfying bowls based on a variety of meats, legumes, and seasonal vegetables. By the end of the day, you'll realize just how versatile soups can be!

As a participant in this class, you will receive a CIA logo apron and a copy of The Culinary Institute of America's *Book of Soups* to take home.

SPAIN AND THE WORLD TABLE

NY *Sept. 11, Sept. 18, Oct. 23 (Parent/Teen), Oct. 30, Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

CA *Oct. 16, 9:30 a.m.–2:30 p.m., $250*

Experience one of Spain's greatest culinary inventions–tapas! These incredibly satisfying small bites have become popular throughout the world, and now you can discover for yourself why they're all the rage. In this hands-on course, you'll explore the excitement, passion, and innovation of Spanish cooking and gain the culinary know-how and appetizing recipes to make tapas any time you have the urge. From simple finger foods to complex, hearty dishes, get ready to fall in love with Spain's "little plates."

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Spain and the World Table* cookbook to take home.

UNDER THE SEA

NY *Sept. 11, Nov. 6, Nov. 13, or Dec. 4; 9:30 a.m.–2:30 p.m., $325*

Versatile, flavorful, healthy, and fast-cooking, seafood is the perfect centerpiece of any meal. It's also deceptively simple to prepare, making it an ideal ingredient for cooks at all levels of experience. In this hands-on class, you will learn invaluable tips about selecting seafood and preparing delicious dishes at home. You'll explore topics such as freshness indicators, handling and storage, fabrication techniques, appropriate cooking methods, sustainability, and nutrition. And using the information discussed in class as your guide, you will then prepare a variety of "local" shellfish and finfish.

As a participant in this class, you will receive a CIA logo apron and a copy of *Kitchen Pro Series: Guide to Fish and Seafood Identification, Fabrication, and Utilization* to take home.

Please note that all fish and seafood items fabricated in class will be available for you to take home. Portions will be vacuum packaged using the CIA's industry-style vacuum system. Ice packs will be provided for travel. **Please bring a medium-size cooler for transport. A cooler is required.**

*Cost of this course includes $250 for tuition and $75 for fish and seafood items fabricated in class.

DID YOU KNOW…?

CIA Chef-Instructor Mark Ainsworth was once chef de partie at the world-famous Le Bernardin in New York City. He is also the author of the *CIA KitchenPro Series: Guide to Seafood Identification, Fabrication, and Utilization.* Join us at our Hyde Park, NY campus for Under the Sea, a class based on Chef Ainsworth's acclaimed cookbook.

CIA Samplings

Just as the title suggests, in these courses you'll get a sampling of the CIA education experience. Through demonstrations, tastings, and some hands-on cooking, you'll expand your knowledge, explore new flavor profiles, and watch two hours fly by in the CIA kitchens.

EXPLORING THE FLAVORS OF ASIA

CA *Sept. 4 or Sept. 25, 11:30 a.m.–1:30 p.m. or 2:30–4:30 p.m., $95*

The five taste sensations of sweet, sour, salty, bitter, and umami play a significant role in Asian cuisine. Distinctive ingredients like coconut milk, lemon grass, kaffir lime leaves, palm sugar, Asian basil, mint, shrimp paste, fish sauce, and chilies combine to create unique delicacies. And because the ingredient combinations and cooking techniques vary so greatly by country and region, each Southeast Asian cuisine has its own distinctive flavor. In this class, you'll explore small bites from places such as China, Thailand, Vietnam, and Japan.

FLAVORS OF THE NEW SPANISH TABLE

CA *July 24, 11:30 a.m.–1:30 p.m. or 2:30–4:30 p.m., $95*

Exquisite in their simplicity and representative of the casual entertaining of Spain, tapas are all the rage. These incredibly satisfying "little plates" have become popular throughout the world, and in this class you'll get an introduction to the recipes and techniques for preparing everything from light finger foods to heartier small bites. You'll work with classic ingredients such as olive oil, almonds, hazelnuts, piquillo peppers, saffron, anchovies, coarse sea salt, and smoky paprika as you enjoy a taste of the Spanish table. *Olé!*

"It was a fun experience working in a professional kitchen with so much at our disposal, from the food items to the wide assortment of serving plates, bowls, and platters. We plan to attend another class in the near future."

–Harold and Kay McAfee, Calistoga, CA

RUSTIC ITALIAN FLAVORS

CA *Nov. 20, 11:30 a.m–1:30 p.m. or 2:30–4:30 p.m., $95*

Join us to explore classic Italian fare from one end of the "boot" to the other. In this class, you'll create small plates inspired by the Italian peninsula's long stretch of Mediterranean coastline, mountain forests, and country gardens. Using the distinctly different cooking techniques found in the various regions of Italy, you'll prepare such delicacies as calamari, gnocchi, peperonata, and biscotti bites.

TASTES OF THE NAPA VALLEY

CA *Aug. 7, Aug. 21, or Dec. 11; 11:30 a.m–1:30 p.m. or 2:30–4:30 p.m., $95*

Born of the flavors of wine, the small bites of the Napa Valley speak of sun-soaked days and sensual flavors from local farms and regional food producers. Using stellar ingredients and keeping things simple is the mantra of seasonal cooking, and in this class, you'll discover ways to bring a little bit of wine country to your next casual gathering of friends and family.

This class will feature recipes and wine pairing suggestions from *Seasons in the Wine Country: A Year at CIA Greystone* (page 61).

NEW! TASTE OF THE WINE COUNTRY KITCHEN

CA *Oct. 9 or Oct. 23, 11:30 a.m.–1:30 p.m. or 2:30–4:30 p.m., $95*

Enjoy preparing seasonal temptations from the CIA's Wine Spectator Greystone Restaurant–an array of small bites with a bold interpretation of world flavors. Working side by side in our teaching kitchens, you and your classmates will create some of our favorite dishes. And when you're done, you'll be ready to make these recipes at home, creating a bit of wine country wherever you go!

October *Recipe*

This is the perfect fall dish—rich, flavorful, and undeniably comforting. The key is to use cheese that has enough flavor to compensate for the plain pasta. The top should be crunchy, there should be a creamy texture, and you should try to resist eating the whole thing by yourself.

Macaroni *and* Cheese *with* Bacon

Makes 6 side dish portions

Béchamel Sauce

2 tablespoons unsalted butter
2 tablespoons all-purpose flour
2 cups whole milk

1 pound béchamel sauce (about 2 cups)
1 pound smoked slab bacon
1 pound dried penne pasta
1 pound Grafton two-year-aged Cheddar
Coarsely ground black pepper, as needed
Butter, as needed

Prepare the béchamel sauce: In a small saucepan, melt the butter over medium heat and stir or whisk in the flour. Cook the flour over medium heat until the raw smell is gone, about 2 minutes. Whisk the milk into the roux and cook, stirring, over low heat until the sauce has thickened, about 5 minutes. Remove from the heat and allow to cool to room temperature.

Prepare the macaroni and cheese: Cut the bacon into lardons (¼ by ¼ by 1 inch). Cook over low to medium heat in a sauté pan until rendered and well-browned, about 6 minutes. Drain and reserve the fat for another use.

Preheat the oven to 400 degrees F.

Cook the pasta according to package directions until al dente; drain.

Place the béchamel in a large stainless steel bowl and grate the cheese into the sauce. Add the cooked pasta and bacon to the bowl and season with ground black pepper. Toss the ingredients until evenly coated.

Lightly butter a 2-quart oven-safe dish and pour in the pasta mixture. Place in the oven and wait for it to be bubbling hot with a well-browned top.

Chef's note: For a creamier version, increase the amount of béchamel sauce to 3 cups. Season the béchamel to taste with salt and pepper.

Source: The CIA cookbook *KitchenPro Series: Guide to Cheese Identification, Classification, and Utilization*

Join us for our new class, **Cooking with Cheese** (Taste of CIA Cookbooks; page 39) to learn more "cheese-centric" recipes and cooking techniques.

Wine Explorations

Wine doesn't have to be a mystery. After spending just a few hours enjoying discussions and tastings with the experts at the CIA, you'll have new insights into the fascinating world of wine and feel confident on your next trip to the restaurant or wine shop.

NEW! BUBBLES

NY *Dec. 11, 3–5:30 p.m., $125*

Tasting and learning about wines with bubbles is an amazing way to start off the holiday season. Those gentle bubbles that are so much fun to consume are produced using several different methods, and we'll discuss them all, as well as discover the flavors and characteristics of sparkling wines from around the world.

As a participant in this class, you will receive a copy of the CIA's *WineWise*.

NEW! FOOD AND WINE PAIRING 101

NY *Nov. 13, 3–5:30 p.m., $125*

Join us as we explore the fundamentals of marrying wine with food. Whether the goal is to complement or contrast flavors, you will learn how to select the best wine for a meal. The day begins with a lecture on food and wine pairing basics and concludes with a wine and cheese tasting where you can practice the principles learned in class.

As a participant in this class, you will receive a copy of the CIA's *WineWise*.

NEW! FOOD AND WINE PAIRING 101…AND BEYOND

NY *Nov. 6, 3–9 p.m., $250*

In this course, you will enjoy the same curriculum as Food and Wine Pairing 101 (including your own copy of *WineWise*). But you'll also take your newfound food and wine pairing skills one step further–with a dinner in one of the CIA's award-winning restaurants. Following class, you will enjoy a four-course meal paired with wine, such as:

- Lobster Dumpling with Chanterelle Mushrooms and Shellfish Essence
- Salad of Mesclun Greens with Broccoli Purée and Fried Farm Fresh Egg
- Roast Strip Loin of Beef with Creamy Farro, Butternut Squash, and Merlot Essence
- Warm Chocolate Cake with Pistachio Ice Cream and Crispy Tuiles

Please note: menu is subject to change.

NEW! AN INTRODUCTION TO WINE

NY *Sept. 11, 3–5:30 p.m., $125*

The complex world of wine can be intimidating–even overwhelming–but after completing this course, you will feel much more knowledgeable about and comfortable with this fascinating subject. Through discussions and guided tastings, you will explore wine topics ranging from the grape varietals of the world to the type of vessel used to ferment wine.

As a participant in this class, you will receive a copy of the CIA's *WineWise*.

A JOURNEY INTO SENSORY AWARENESS: FOOD AND WINE PAIRING

CA *July 25, Aug. 29, Sept. 26, Oct. 31, Nov. 28, or Dec. 19; 1:30–3:30 p.m., $95*

Spend an afternoon exploring and refining your culinary sensory awareness. During this class, Chef John Ash will review the dynamics of how we taste and then dive into an exploration of how food and wine interact with each other. You'll come away with some basic templates to help you put food and wine together. You'll also have a much better understanding of how to make positive matches happen, whether you're dining at a restaurant or in your own home.

TASTING WINE LIKE A PRO

CA *July 17, Aug. 14, Sept. 11, Oct. 16, Nov. 20, or Dec. 18; 10 a.m.–noon, $95*

Learn firsthand how a professional wine critic, judge, buyer, or winemaker approaches a glass of wine. During this class, you'll learn efficient and thorough tasting techniques, important points to note, common descriptors for major grape varieties, and industry-accepted principles that determine quality in wine. In no time flat, you'll be tasting wine like a pro!

"My husband and I took Journey into Sensory Awareness: Food and Wine Pairing and we loved it! We found it very informative and useful. It was exciting to meet Chef John Ash—a very entertaining and articulate instructor."

–Candace Havens, Newton, MA

November Recipe

Grissini

Jazz up this year's Thanksgiving table with these thin, crisp Italian breadsticks. You can save some time in the kitchen before the big feast by making the breadsticks in advance. They will keep for up to two weeks stored at room temperature in an airtight container.

Makes 48 pieces

2 to 3 fresh rosemary leaves
¾ cup milk, heated to 78 degrees F
1 tablespoon olive oil
2 teaspoons malt syrup*
3 cups bread flour
1½ teaspoons instant dry yeast
1¼ teaspoons salt
¼ cup butter, softened
¼ cup Asiago cheese, finely grated
Olive oil, as needed
Salt, as needed

Make the dough the day before you want to serve the grissini. Pick the rosemary leaves off the stems and roughly chop them.

Combine the milk, oil, and malt in the bowl of a mixer. Combine the flour with the yeast, and then add them to the milk mixture. Next add the salt and butter. Place the bowl on a mixer fitted with a dough hook and mix for 4 minutes on low speed, making sure to scrape down and flip the dough over twice during the mixing time. Increase the speed to medium and mix for an additional 3 minutes. At this point, the dough will be strong, with good gluten structure. Add the rosemary and cheese, and mix for 1 more minute on medium speed, making sure to scrape down and flip the dough over during this process.

Remove the dough from the mixer and place it on a lightly floured work surface. Divide it into six-and-a-half-ounce pieces and roll the pieces into rounds. Place each piece in a floured container and cover the container with plastic wrap.

Leave the dough at room temperature for 15 minutes, and then refrigerate it for a minimum of 8 hours or overnight.

Remove the dough from the refrigerator and leave it at room temperature for 60 minutes, until it has lost its chill.

Lightly flour and flatten each piece and place it in a pasta machine set at its widest setting (you can also use the pasta attachment for a stand mixer to make the dough strands). Roll the dough through and, lowering the setting in small increments, continue this process until the dough is as wide as the opening on the pasta machine. Then turn the dough a quarter turn and lightly flour and roll the piece through the machine in the opposite direction until it is ¼-inch thick (setting #5). Lightly flour the dough, trim the edges with a pastry wheel to make a straight edge, and pass it through the pasta machine's fettuccini cutter. Lay the pieces of dough on parchment paper-lined baking trays, making sure to lay them out straight and separate (you can cut the ends if the pieces do not fit the tray).

Lightly brush the dough pieces with oil, then cover the trays with plastic wrap and allow the dough to rest for 30 minutes at room temperature.

Preheat the oven to 400 degrees F. Uncover the dough, brush it again with oil, and lightly sprinkle it with salt.

Place the trays in the oven and immediately reduce the temperature to 375 degrees F. Bake for 10 minutes, then rotate the trays when the pieces start to take on color, and turn the oven down to 350 degrees F. Continue to bake an additional 4 to 6 minutes, until the bread is a light golden brown and appears dried out.

Remove the baking trays from the oven and place them on a cooling rack. When completely cool, store in an airtight container.

***Chef's note:** Malt syrup, or malted barley, enhances the color and flavor of the rolls. It can be found at health food stores and specialty bake shops, such as www.kingarthurflour.com. If you do not have access to malt syrup, you can make the rolls without it.

Source: The CIA cookbook *Artisan Breads at Home*

Learn even more tips for creating delicious flatbreads at home by joining us for **Specialty and Hearth Breads Boot Camp** (p. 25) and **Artisan Breads at Home** (Taste of CIA Cookbooks, p. 37).

Add a New Twist to Your Holiday Traditions

Join us this November or December for a CIA "Holidays" course and get into the spirit of the season. What could be more fun and easy than cooking and baking your holiday treats in our kitchens? You can even learn all about sparkling wines so you're ready to host the best New Year's celebration ever. From luscious pies and cookies to festive main dishes, the recipes you'll prepare in our special themed classes will set you up for a season of exceptional entertaining.

NEW! BUBBLES

NY *Dec. 11, 3–5:30 p.m., $125*

Tasting and learning about wines with bubbles is an amazing way to start off the holiday season. Those gentle bubbles that are so much fun to consume are produced using several different methods, and we'll discuss them all, as well as discover the flavors and characteristics of sparkling wines from around the world.

As a participant in this class, you will receive a copy of the CIA's *WineWise*.

NEW! GLUTEN-FREE BAKING FOR THE HOLIDAYS

NY *Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

The holidays are a time for indulging, even for those with dietary restrictions. If you're unable to digest wheat-based products due to allergies, you can now prepare yourself for a holiday season full of delicious, fresh-baked treats. In this class, you will learn how to create a sampling of gluten-free goodies, from stollen and cookies to pies, tarts, and cakes. Your guests will have no idea that you used products such as rice flour, soy flour, potato starch, and tapioca in place of wheat flour. Come and enjoy the pleasure of fresh-baked sweets–just in time for the holidays.

As a participant in this class, you'll receive a copy of *Gluten-Free Baking* and a CIA logo apron to take home.

Please note that the emphasis of this class is gluten-free baking; other dietary needs will not be addressed.

HOLIDAY BOOT CAMP

NY *Nov. 15–16, Nov. 17–18, or Dec. 15–16; 7 a.m.–4 p.m.*, $850*

TX *Dec. 13–14, 7 a.m.–1:30 p.m., $795*

The rush of holiday entertaining will be here before you know it, and Holiday Boot Camp will give you the game plans, recipes, and confidence to cook for all the season's gatherings. You'll learn to roast poultry and meats to perfection, make home-style pan gravy, and prepare traditional side dishes and tempting desserts. You'll also discover new twists on old favorites, as you learn to create delicious and beautifully presented appetizers, vegetables, entrées, soups, and desserts that will wow your guests. You will also taste a variety of holiday beverages and tour the CIA campus.

As a Holiday Boot Camp participant, you'll receive a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants. You'll also be treated to a tour of the CIA campus during regular class hours (Hyde Park only).

HOLIDAY COOKIES AT THE CIA

NY *Dec. 16, Dec. 17, Dec. 20, Dec. 21, or Dec. 22; 8:30 a.m.–2:30 p.m., $185*

Get in the spirit and bake your holiday cookies at the CIA! We're providing the chef-instructors, equipment, ingredients, and recipes for all your holiday cookie-making needs. From cutouts and piped cookies to slice-and-bake varieties, you'll discover the simplicity and versatility of cookies in this one-day class. Almond spritz, rugelach, gingerbread, and sugar cookies are a sample of what you'll make and take home to share with family and friends.

As a participant in Holiday Cookies at the CIA, you'll enjoy lunch and receive a CIA logo apron.

HOLIDAY PIES AT THE CIA

NY *Nov. 19, Nov. 22, Nov. 23, or Nov. 24; 8:30 a.m.–2:30 p.m., $200*

This year, do your holiday pie baking in our bakeshops! During this one-day class, you'll discover the secrets to creating show-stopping slices. Beginning with a lesson on pie dough basics, you'll learn the step-by-step techniques for making flakey, buttery crust. You will then prepare a variety of pies to take home. You're sure to impress your holiday guests when you present them with these creations. From pumpkin and pecan to apple, we're featuring everyone's favorite flavors.

As a participant in Holiday Pies at the CIA, you'll receive a CIA logo apron and also enjoy lunch.

NEW! HORS D'OEUVRE FOR THE HOLIDAYS

NY *Nov. 6, Nov. 13, Dec. 4, or Dec. 11; 9:30 a.m.–2:30 p.m., $250*

TX *Nov. 13, 9:30 a.m.–2:30 p.m., $250*

Served formally or casually, hors d'oeuvre are always a crowd favorite, especially during the holidays. Join us as we create a broad range of stylish small bites, from informal starters to elegant appetizers. Through chef demonstrations and hands-on activities, you will learn the techniques and recipes for preparing a selection of bite-sized treats perfect for holiday entertaining. Whether you're hosting a party for two or 20, you will have the confidence and culinary know-how you need to cater your own gathering and impress your guests.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Hors d'Oeuvre at Home* cookbook to keep.

NY *Hyde Park, NY* CA *St. Helena, CA* TX *San Antonio, TX*

Great Chefs Start Here

Successful restaurateurs… celebrity chefs…countless leaders of the food world get their start at the world's premier culinary college. Visit the CIA; dine in our award-winning, student-staffed restaurants; and experience tomorrow's great chefs today.

Experience The Culinary

THE CULINARY INSTITUTE OF AMERICA®

Main Campus | 1946 Campus Dr. | Hyde Park, NY
The CIA at Greystone | 2555 Main St. | St. Helena, CA

Reservations and gift certificates are available:
www.ciachef.edu/restaurants
845-471-6608 | Hyde Park restaurants
707-967-1010 | Wine Spectator Greystone Restaurant

American Bounty Restaurant *Imaginative cuisine celebrating the diversity of foods of the Americas*

Apple Pie Bakery Café *Casual café dining and sumptuous desserts*

Escoffier Restaurant *Contemporary dishes true to the culinary traditions of France*

Ristorante Caterina de' Medici *Seasonal ingredients and authentic dishes of Italy in a magnificent Tuscan villa setting*

St. Andrew's Café *Locally and sustainably sourced ingredients prepared using both American and European culinary traditions*

Wine Spectator Greystone Restaurant *An American interpretation of world flavors inspired by local, seasonal ingredients*

The CIA at Greystone is a branch of the CIA, Hyde Park, NY.
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December *Recipe*

Brandied *Dried Fruit* French Tartlets *with* Pecan Streusel

These elegant individual tarts, reminiscent of the flavors of fruit cake, are perfect with a sip of California tawny port during the holidays. They also make a great holiday gift, as it is simple to make the recipe in steps, and they hold well for a couple of days. The square molds are much easier to use than individual fluted tart molds.

Makes 2 dozen tartlets

TART DOUGH

¾ cup sugar
1 cup butter, softened
½ teaspoon vanilla extract
2 egg yolks, at room temperature
3½ cups cake flour

FRUIT COMPOTE FILLING

1 Granny Smith apple (8 ounces), peeled, cored, and cut into ¼-inch dice
2 ounces dried figs, cut into ¼-inch dice
2 tablespoons dried cranberries
¼ cup dried currants
4 large dried apricots (about 4 ounces), cut into ¼-inch dice
½ vanilla bean, split and scraped
1 cup water
⅓ cup sugar
2 teaspoons brandy
Pinch of ground cloves
¼ teaspoon ground cinnamon
Juice of 1 lemon

PECAN STREUSEL

¼ cup finely chopped pecans
½ cup all-purpose flour
2 tablespoons sugar
¼ teaspoon ground cinnamon
Pinch of salt
¼ cup cold butter, cut into small cubes

GARNISH

½ cup confectioners' sugar, or as needed

For the tart dough: In a stand mixer fitted with a paddle attachment, cream together the sugar, butter, and vanilla on medium speed just until smooth and light, 2 to 3 minutes. Add the egg yolks one at a time, scraping the bowl and paddle as necessary between additions. Slowly add the flour, with the mixer running, just until the mixture comes together as a thick, ragged dough. Divide the dough in half, shape into disks or squares, wrap in plastic, and refrigerate at least 30 minutes before using.

For the fruit compote: Add all of the ingredients to a medium saucepan and stir to combine. Bring the mixture to a simmer over medium heat and cook, stirring occasionally, until the fruit is tender, 8 to 10 minutes. Remove from heat and allow to cool. The liquid will thicken as the compote cools.

For the pecan streusel: In a medium mixing bowl or the bowl of a stand mixer, toss together the pecans, flour, sugar, cinnamon, and salt. With a pastry cutter or with the paddle attachment, cut the butter into the flour mixture until it just comes together and has a crumbly texture. Store the streusel in the refrigerator until ready to use.

Preheat the oven to 350 degrees F.

Let one piece of the dough soften until it indents easily from gentle finger pressure. Roll the pastry into a rectangle about ⅛ inch thick. Cut 12 squares of dough half an inch larger than the rim of the 2½-inch tartlet molds. Lay the dough squares inside the molds, pressing into the corners and sides. Trim off any excess that rises above the mold walls with a sharp paring knife. Dock or prick each tartlet with a fork. Refrigerate the tart shells until ready to fill. Repeat the process with the other piece of dough. The scraps from the first piece can be incorporated into the second piece of dough. You should have 24 tartlet shells.

Line up the molds on two baking sheets. Place 1 tablespoon of filling into each shell. Sprinkle 1 teaspoon of the streusel over the filling.

Place the tarts in the oven. Bake until golden brown, about 15 minutes.

Remove from the oven and cool on wire racks. While cooling, lightly dust with confectioners' sugar. When cool enough to handle, insert a sharp-tipped knife between the dough and the inside of each tart pan and carefully pop the tartlet out.

Source: The CIA cookbook *Seasons in the Wine Country*

Make Your Passion Your Career

If you love cooking, baking, or wine, and have always wondered what it would be like to have a culinary career, the CIA's Career Discovery programs are a great way to find out.

During these exciting multi-day explorations, you'll immerse yourself in the world of the food professional in the kitchens and bakeshops of our Greystone campus. You'll enjoy lectures and chef's demos, learn from experts in the region, and cook alongside our talented chef-instructors. And you'll experience it all in the heart of the world-renowned Napa Valley.

Prepare dishes with fresh, seasonal ingredients. Create flatbreads and confections. Explore food and wine pairing. Career Discovery will introduce you to all the exciting possibilities—and who knows where in the food world it will take you next?

Discover a New Path

If you'd like to get a taste of what a career in culinary arts, baking and pastry arts, or wine is like–and the types of careers that are available–these three specialized programs are for you.

CAREER DISCOVERY—BAKING AND PASTRY ARTS

CA *Aug. 30–Sept. 3 or Nov. 15–19, 7 a.m.–1:30 p.m., $975*

It's an exciting time in the baking and pastry field. More Americans are gaining an awareness and appreciation for the wide variety of fresh bread and pastry options available. In this course, you will get an overview of the field and learn about the hottest career opportunities, from hotel pastry chef to artisan bread baker to chocolate candies producer to bakery owner.

During this exploration of the baking and pastry arts, you will learn the fundamentals of baking and the techniques used in creating basic preparations such as cookie doughs, pie doughs, sponge cakes, hearth breads, flatbreads, and chocolate desserts.

You will also:

- Create a variety of baked goods, from classic Italian biscotti to the Indian staple chapatis.
- Study the ingredients, equipment, techniques, terminology, and recipes that define contemporary baking and pastry.
- Enjoy chef demonstrations featuring specialized baking and pastry techniques.
- Discuss the wide variety of careers available in the baking and pastry field.

As a Career Discovery–Baking and Pastry Arts participant, you'll receive a copy of the *Food Jobs* book. Paper chef's hats, side towels, and aprons will be provided in class.

Dress code: Black pants, a white shirt, and black leather shoes (no tennis shoes) are required for this class. You may also wear a chef jacket and checkered pants if you have them. A lab coat, paper chef's hat, apron, and side towels will be provided in class.

Please note: this class is open to students 18 years and older.

DID YOU KNOW . . . ?

Duff Goldman of the Food Network's *Ace of Cakes* is a baking and pastry arts graduate of the CIA. Want to follow in his footsteps? Attend Career Discovery to see if it's a good fit for you, too.

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www.ciachef.edu/enthusiasts

Take the Next Step

If one of our Career Discovery programs has confirmed your desire for a new career, now it's time to earn a CIA credential.

When you enroll in one of our degree or certificate programs, your Career Discovery tuition will be applied towards your first semester tuition.

Bachelor's and Associate Degree Programs,
Certificate Programs
1-800-CULINARY (285-4627)
www.ciachef.edu

CAREER DISCOVERY—CULINARY ARTS

CA *July 26–30 or Sept. 20–24, 7 a.m.–1:30 p.m., $975*

What's it like to be immersed in the world of chefs, restaurants, and professional kitchens? How does it feel to experience a day in the life of a chef? What kinds of jobs are available in the culinary world? Find out in Career Discovery.

Ideal for career changers, this program will give you the fundamentals of cooking, including knife skills, kitchen terminology, and cooking methods. You'll also explore various cooking techniques as you journey through the culinary traditions and cuisines of Asia, Mexico, and the Mediterranean.

Through lectures, demonstrations, and hands-on production in our kitchens, you will:

- Increase your knowledge of the foodservice industry.
- Don chef's whites in our dynamic professional teaching kitchens, getting a taste of basic techniques and culinary practices.
- Learn how the practice of fundamental cooking skills spans many culinary traditions around the world.
- Discuss career options in the foodservice industry with our expert instructors.

As a Career Discovery–Culinary Arts participant, you'll receive a copy of the *Food Jobs* book. Paper chef's hats, side towels, and aprons will be provided in class.

Dress code: Black pants, a white shirt, and black leather shoes (no tennis shoes) are required for this class. You may also wear a chef jacket and checkered pants if you have them. A lab coat, paper chef's hat, apron, and side towels will be provided in class.

Please note: this class is open to students 18 years and older.

CAREER DISCOVERY—THE PROFESSIONAL WORLD OF WINE

CA *Nov. 29–Dec. 2, 9 a.m.–4 p.m., $895*

If you love wine and have always wanted to be in the wine business, this exciting, information-packed course is for you. You'll experience sensational in-depth wine tastings with our renowned wine instructors and talented Napa Valley winemakers, and get the inside scoop about what goes on in the wine business. You'll build your wine knowledge and explore many aspects of this fascinating field.

And you will:

- Taste and evaluate wines as professionals do.
- Explore a Napa Valley vineyard and learn how viticultural techniques shape a wine's flavor.
- Tour a working Napa Valley winery to taste and discuss current winemaking techniques.
- Analyze the philosophies behind successful wine and food pairing, and participate in tastings to illustrate such pairings.
- Visit a wine retail merchant and discover how the business of wine works, including wholesale and retail price structuring, basic media and promotional concepts, and wine's path from the vineyard to the table.
- Understand proper wine service and etiquette.

Dress code: The dress code for this course is business casual. Blue jeans, shorts, tank tops, and open-toed sandals are not permitted. When visiting vineyards and wineries, sturdy, flat-soled shoes are required. Please refrain from wearing strong fragrances or cologne, as they will interfere with your learning experience as well as that of your fellow students. Additional items such as sunscreen, sunglasses, and hats are suggested during the summer months as well as warm jackets during winter months.

Please note: this class is open to students 21 years and older.

Caught the Wine Bug?

You've taken Career Discovery—The Professional World of Wine, and you now know for sure—a career in wine is definitely for you. Now prepare for that career by enrolling in the Accelerated Wine and Beverage Certificate Program.

CIA Wine Studies
1-800-CULINARY (285-4627)
www.ciaprochef.com/winestudies

"What a great way to take advantage of growing your business knowledge while having fun. Career Discovery: The Professional World of Wine was full of information to take your interests in wine to another level, as well as creating some new relationships with the other people in the class."

–Debbi Waldenberg, Kalispell, MT

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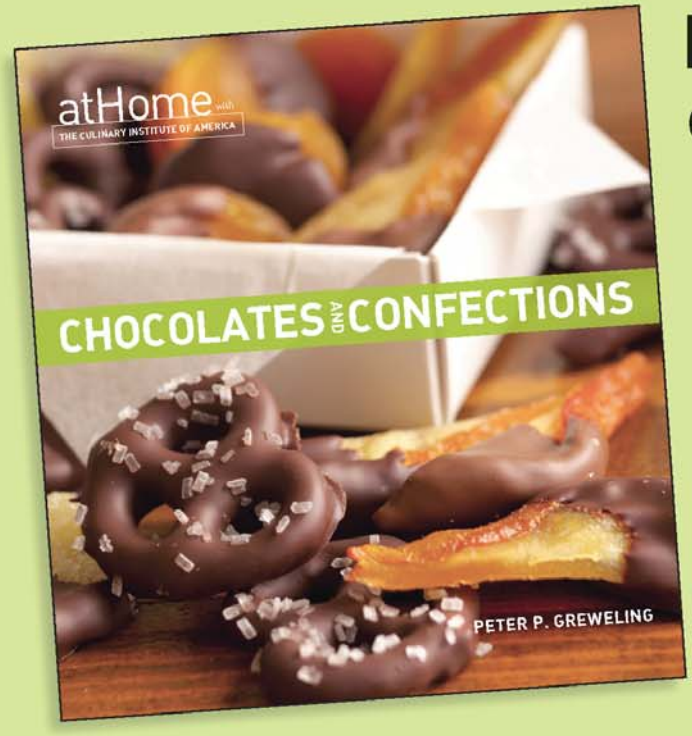
atHome with THE CULINARY INSTITUTE OF AMERICA

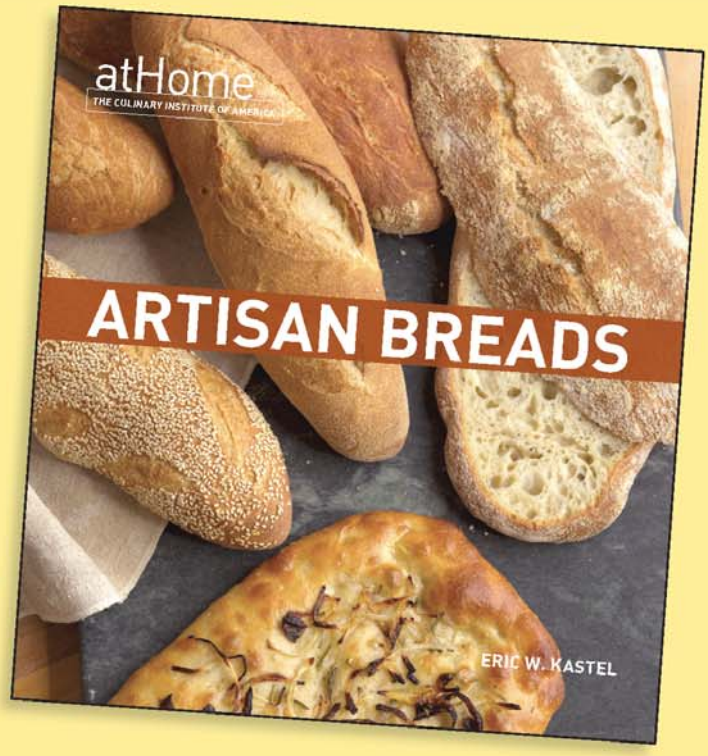


Incredible chocolates and candies.

- Offers detailed expertise for truly amazing homemade confections and candies
- Features 83 recipes richly illustrated with 150 full-color photographs
- Includes chocolates, truffles, toffees and taffies, fudge and pralines, marshmallows, jellies, and more
- Covers ingredients and equipment, packaging and storage, and common preparation issues

Truly amazing breads.

- Presents the basics of breadmaking as well as advanced techniques
- Features 118 recipes beautifully illustrated with 166 full-color photographs
- Covers a wide range of artisan breads—baguette, ciabatta, sourdough, and many more
- Includes explanations of ingredients, a detailed equipment guide, and troubleshooting tips



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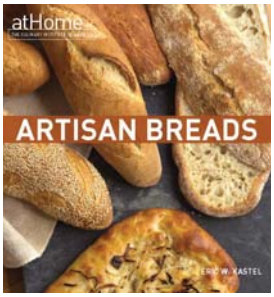
Books & DVDs that instruct and inspire

The key to successful gourmet cooking, whether preparing food for two or 20, is a mastery of the basics. Regardless of skill level, every home cook needs a few great guides to refer to for ingredient information, culinary tips and techniques, recipes, and, perhaps most important, inspiration.

Let the world's premier culinary college be your guide. Liven up your next dinner party…experiment with the hottest new culinary concepts...create restaurant-quality meals and desserts in the comfort of your own home. The exciting and information-packed CIA cookbooks and DVDs will help you expand your skills and your culinary horizons.

BOOKS

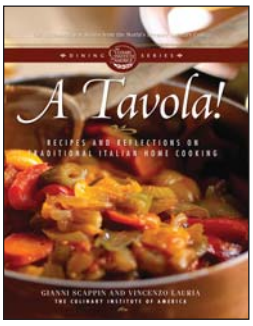


ARTISAN BREADS AT HOME

$34.95

Learn to master the art of baking delicious artisan breads at home. This addition to the CIA's "At Home" series is perfect for home bakers who want to go beyond the basics to create delectable artisan breads. Backed by the expertise of the CIA, in this book Chef Eric Kastel leads readers through simple and challenging recipes, including baguettes, peasant bread, ciabatta, cheddar onion rye rolls, coffee cake, and even sourdough.

Featuring troubleshooting tips and nearly 170 full-color photos of techniques and finished breads, the book covers the basics of bread making as well as advanced techniques–from lean dough breads and rolls to flat breads and enriched doughs. Additional features include ingredient details, easy-to-understand terminology and definitions, and a comprehensive equipment guide. *Artisan Breads at Home* is a must-have for home bakers who want to take their baking to the next level of complexity and taste.

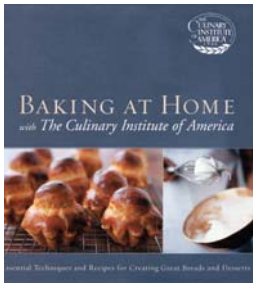


A TAVOLA! RECIPES AND REFLECTIONS ON TRADITIONAL ITALIAN HOME COOKING

$29.95

Life unfolds around an Italian table. It is no accident that some of the most exciting changes to the culinary scene in this country owe a debt of gratitude to the Italian influence: respect for seasonal foods; a passion for handcrafted, high-quality ingredients from olive oil to wine and cured meats to cheeses; and delight in the flavors and textures of a well-planned and perfectly cooked meal.

While Italian cooks don't always agree on the finer points, there is a lot of common ground (and common sense) to discover in Chef Giovanni Scappin's recipes for the quintessential Italian dishes featured in this exciting book. Throughout its pages you will find both treasured family recipes and "new" dishes inspired by New World foods handled with an Old World sensibility. From a broad assortment of antipasti and satisfying breads to hearty stews, braises, and simple one-pot dishes–as well as memorable desserts–you're sure to enjoy *A Tavola!*

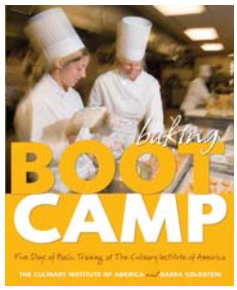


BAKING AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

$40

Baking at Home allows curious home bakers to follow in the footsteps of the graduates of the country's leading culinary college. The chefs of the CIA have distilled the best of their teaching into these pages, offering clear explanations of essential baking methods that will broaden your understanding of how baking really works.

The streamlined recipes and dozens of how-to photographs enable you to dive in and gain the hands-on practice that is an essential part of the baking and pastry arts. You'll begin to understand how all the pieces fit together, whether you're creaming butter to make citrus shortbread or a multilayered chocolate sabayon torte, or cooking sugar into caramel for an elegant coffee pot de crème or a crunchy nut brittle.



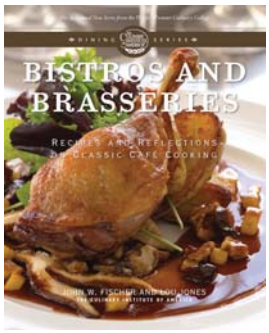
BAKING BOOT CAMP: FIVE DAYS OF BASIC TRAINING

$29.95

The tremendously popular CIA Boot Camp courses help food enthusiasts take their skills to a whole new level, offering hands-on, intensive instruction with some of the world's most talented chef-instructors.

In *Baking Boot Camp*, Julia Child Award-winning cookbook author Darra Goldstein takes you along as she makes her way through two demanding Boot Camp courses–where the fatigues are chef's whites and the weapons of choice are whisks, piping bags, and a bench scraper. Ms. Goldstein chronicles her progress through each day of the baking and pastry courses, bringing to life the intensity, rigor, and camaraderie that set Boot Camps apart from other cooking classes.

Along the way, she reveals the tips and tricks of baking and pastry pros, sharing their fascinating insights on everything from the importance of weighing all ingredients to the secrets of perfect puff pastry. To help you put these lessons to work in your own kitchen, the book includes nearly 80 delicious Boot Camp recipes–everything you need to start using professional techniques and embark on a lifetime of baking success.



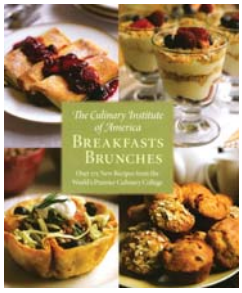
BISTROS AND BRASSERIES: RECIPES AND REFLECTIONS ON CLASSIC CAFÉ COOKING

$29.95

Bistro cuisine takes its inspiration from the classic repertoire of every self-respecting French home cook, from simple soups and salads to apéritifs and fromages. Whether you're looking for a bit of French flair or a serious bistro experience, you'll find the recipes–and your own inspiration–within *Bistros and Brasseries*.

Enjoy, in your own dining room, such quintessential bistro dishes as plateau fruits de mer and raclette, as well as a host of other appetizers. Fill your home with the aroma of the great French stews, including blanquette de veau, carbonnades de flamande, and boeuf bourguignon. Transform fresh cream, eggs, seasonal fruit, and other staples of the French larder into clafouti, tarte à la rhubarbe, merveilles, and beignets–the kitchen desserts for which bistros and brasseries are famous.

No matter which recipe you choose, *Bistros and Brasseries* helps you capture the essence of the authentic French bistro experience.

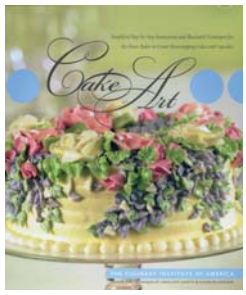


BREAKFASTS & BRUNCHES

$35

It's often said that breakfast is the most important meal of the day. Yet, for many people, breakfast consists of a cup of coffee and a donut on the way out the door. *Breakfasts & Brunches* from The Culinary Institute of America shows you how to do the morning meal right, with recipes ranging from classic favorites such as buttermilk pancakes, banana bread, and biscuits with sausage gravy to sumptuous brunch fare like smoked cheddar and thyme muffins or grilled quail with avocado, tomato, and corn salad.

We've selected and tested more than 175 recipes from our kitchens and included over 100 photographs to help you prepare satisfying, nutritious, and wholesome selections for breakfast and brunch. *Breakfasts & Brunches* will help you handle any meal situation, whether it's a family breakfast on a busy weekday morning or an elaborate Sunday brunch.



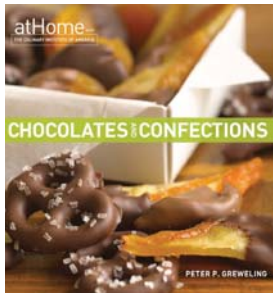
CAKE ART

$29.95

Do you marvel at the beautifully decorated cakes displayed in bakery windows or created during decorating competitions and television shows, and wonder if you could do it yourself? Well, wonder no more–*Cake Art* has everything you need to create masterpieces of your very own!

This beautifully illustrated book from The Culinary Institute of America provides step-by-step instructions and photos to help you produce captivating decorations for cakes and cupcakes. Learn to create designs and decorations using buttercream, royal icing, fondant, ganache, modeling chocolate, gum paste, marzipan, pastillage, stencils, stamps, molds, and more.

Explore your creativity and let your children be part of the process, too. Cake decorating can be a fun activity for everyone, and in these pages, you'll find a number of projects for kids of all ages. *Cake Art* details the techniques you need to create amazing designs that will wow your family and friends. And be sure to check out our new companion *Cake Art* DVD (page 62).

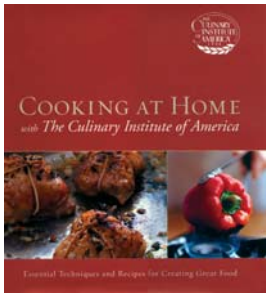


CHOCOLATES AND CONFECTIONS AT HOME

$34.95

The home candy maker's guide to creating stunning chocolates and confections, *Chocolates and Confections at Home* offers detailed expertise for anyone who wants to make truly amazing homemade confections and candies. The CIA and baking and pastry arts professor Peter Greweling provide recipes and techniques for making even the most ambitious treats.

Richly illustrated with more than 150 full-color photos, this inspiring book offers details on chocolates, truffles, toffees and taffies, fudge and pralines, marshmallow, jellies, nuts, and much more. In addition, *Chocolates and Confections at Home* includes ingredient and equipment information, packaging and storage practices, and troubleshooting tips for common preparation issues. This is the ideal resource for anyone who wants to graduate from chocolate chip cookies to more decadent delights.

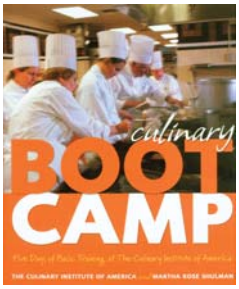


COOKING AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

$40

Now everyone can learn from the best, thanks to *Cooking at Home*. This complete–and completely approachable–reference brings professional culinary knowledge into your own kitchen. From mastering the art of the soufflé to thickening soups with roux and slurry, you'll learn insider tips and essential techniques, including dozens of step-by-steps with detailed instructions and photographs that clearly show both what to do and how to do it.

Cooking at Home is a treasury of more than 200 delicious and easy-to-make recipes, including such tempting fare as beef satay with peanut sauce, roasted stuffed swordfish, pasta primavera with basil cream sauce, lobster tortellini in a coconut curry broth, a Grand Marnier parfait, fresh ginger granita…the list goes on. You'll delight in preparing and presenting these and many other elegant, delectable recipes.



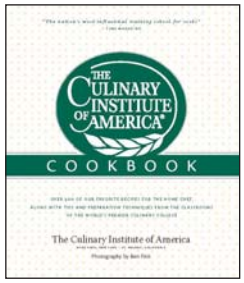
CULINARY BOOT CAMP: FIVE DAYS OF BASIC TRAINING

$29.95

In *Culinary Boot Camp*, Julia Child Award-winning cookbook author Martha Rose Shulman shares the secrets of The Culinary Institute of America's popular week-long Boot Camp course–five days of dynamic, hands-on instruction in cooking basics that helps teach the non-professional cook to think like a chef.

Culinary Boot Camp takes readers through the essentials of kitchen terms, knife skills, and cooking techniques (including sautéing, drying, roasting, broiling, grilling, braising, stewing, poaching, and steaming), plus plate and platter presentation, wine and food pairings, and more.

Ms. Shulman's entertaining and compelling narrative of the Boot Camp experience, coupled with 75+ recipes and a wealth of invaluable culinary information, will give readers a "step up" in the kitchen as they embark on a vicarious basic training adventure at one of the nation's finest professional cooking colleges.

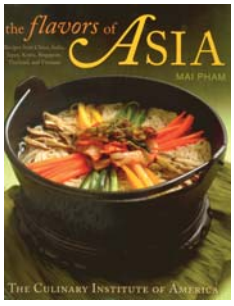


THE CULINARY INSTITUTE OF AMERICA COOKBOOK

$39.95

No matter what the culinary occasion–planning a Sunday brunch, adding some gourmet glamour to weekday dinners, doing a little backyard grilling, or gathering together for a comforting, family-friendly, one-dish meal–*The Culinary Institute of America Cookbook* has just what you're looking for.

We've selected more than 300 recipes from among our all-time favorites and organized them into chapters devoted to soups, salads and starters, light fare, entrées, side dishes, breakfasts and brunches, and baked goods and desserts. And this exciting cookbook is more than just a collection of our favorite recipes. With an array of illustrated techniques, you'll learn to cook the way the professionals do, whether you want to master the finer points of creamy risotto or learn to build a perfect coal fire. Look through our tables to find cooking times for grains and legumes, the ideal cooking method for your favorite cut of meat, or grilling times for everything from beef to bananas.

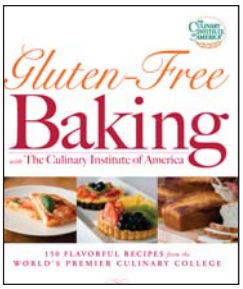


THE FLAVORS OF ASIA

$35

The second book in a series covering the CIA's annual Worlds of Flavor® International Conference and Festival, *The Flavors of Asia* culls recipes from 40 leading chefs of India, Asia, and the U.S. Highlighting the very best flavors of Vietnam, Thailand, China, Japan, Korea, India, and Singapore, this book is a must-have for anyone interested in creating Asian-inspired dishes. Chapters begin with culinary highlights from each country and include special ingredients and cooking techniques in feature spreads throughout the book.

Award-winning restaurateur, chef, and author Mai Pham joins the CIA in presenting 125 accessible recipes–a virtual "Top 10" of each country designed to acquaint you with what the CIA considers the best takes from each cuisine. From Ammini Ramachandran's spicy tuvar fritters served with coconut chutney to Fuchsia Dunlop's quick Hong Kong noodle soup with roast duck, *The Flavors of Asia* will entice you with the fresh, vibrant flavors of the region, and also inspire confidence and encourage you to further explore more of the intriguing treasures from the Asian kitchen.

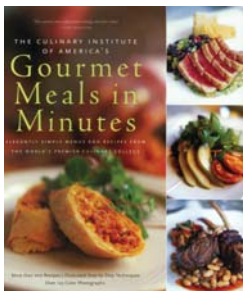

Gluten-Free
Baking
with The Culinary Institute of America
150 FLAVORFUL RECIPES from the WORLD'S PREMIER CULINARY COLLEGE

GLUTEN-FREE BAKING WITH THE CULINARY INSTITUTE OF AMERICA

$18.95

In past years, people with gluten sensitivities had to give up their favorite wheat-based treats like gooey cinnamon buns, crusty French bread, savory pizza, and smear-worthy bagels. But thanks to Chef Richard Coppedge of The Culinary Institute of America, that is no longer the case. In *Gluten-Free Baking* and the companion DVD (page 62), Chef Coppedge shows people with celiac disease and gluten sensitivities–as well as those simply interested in living a gluten-free lifestyle–how they can bake their delicious favorites using alternatives to gluten.

Features of *Gluten-Free Baking* include Chef Coppedge's five unique gluten-free flour blends, tips on working with and storing gluten-free baked goods, and more than 125 mouthwatering recipes easy enough for any home baker to create. Following these techniques and recipes, everyone from the first-time baker to the professional chef will be able to create pies and tarts, cookies and brownies, and savories and pastries to tempt any palate, gluten-sensitive or not!



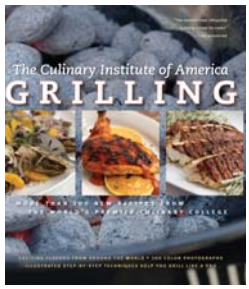
GOURMET MEALS IN MINUTES

$40

The CIA text *Gourmet Meals in Minutes* teaches you how to prepare a wide variety of dishes the same way our graduates did–by mastering the fundamentals. Step-by-step instructions guide you through techniques for preparing all kinds of dishes, from soups, salads, and appetizers to meats, poultry, seafood, vegetarian fare, and desserts.

Learn the secrets of how to streamline your work in the kitchen, keep your pantry well-stocked, organize your tasks and equipment, reduce cleanup, and enhance the flavor of any meal.

With more than 200 recipes and over 125 full-color photographs, this cookbook will show you how to present food that is as attractive as it is flavorful–in a matter of minutes.

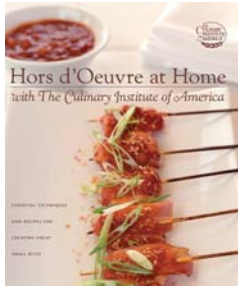


GRILLING

$40

The pages of The Culinary Institute of America *Grilling* book will transport you around the culinary globe. Head to Mexico for Baja-style fish tacos, Jamaica for jerked pork chops, and Greece for spicy lamb kebabs. Next, you're on to Morocco for grilled honey-spiced chicken roast and Pakistan for Pakistani-style lamb patties. Your grilling journey continues to the Far East with tandoori-style chicken with yogurt masala, grilled shrimp paste on sugar cane, and beef teriyaki. And of course, there are plenty of recipes emanating from backyards all across the United States.

Grilling is packed with more than 175 tantalizing recipes highlighting exotic flavors from many different regions of the world, along with nearly 100 full-color photographs and helpful step-by-step instructions and preparation tips from the world-famous kitchens of the CIA.



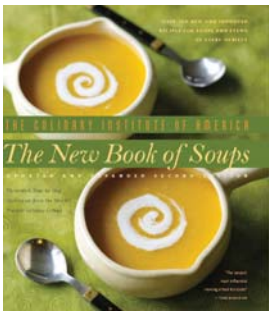
HORS D'OEUVRE AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

$29.95

Hors d'Oeuvre at Home applies a thorough, comprehensive approach to hors d'oeuvre, giving you all the information, inspiration, and recipes you need to prepare a dazzling array of bite-sized treats for any occasion.

The book includes more than 150 recipes for an ample selection of stylish hors d'oeuvre, along with background information, serving suggestions, ideas for recipe variations, and advice on selecting high-quality store-bought items. Throughout, 40 vibrant full-color photos illustrate techniques and capture the appeal of the finished dishes.

With the professional-caliber guidance and recipes in this text, you can prepare an enticing array of hors d'oeuvre that will impress your guests and rival that of any caterer.

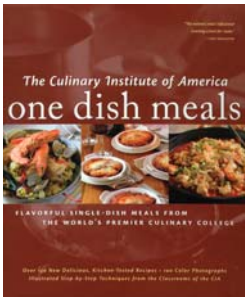


THE NEW BOOK OF SOUPS

$35

With more than 160 new and improved recipes, *The New Book of Soups* is the home cook's ultimate guide for the preparation of delicious soups and stews. This latest edition contains all the recipes you've come to enjoy from the original *Book of Soups,* plus 30 brand-new recipes and more than 130 new full-color photographs. Chapters on stews as well as shopping for soup ingredients (a valuable resource for planning your trip to the market) have also been added.

In addition to the broad assortment of recipes, additional details include the fundamentals of soup-making and helpful guidelines for preparing broths, hearty soups, stews, cream soups, puréed soups, bisques and chowders, and even cold soups. *The New Book of Soups* also offers serving suggestions and recipes for the perfect soup accompaniments such as focaccia, breadsticks, popovers, olive bread, buttermilk biscuits, sage dumplings, and vegetable chips. The recipes in this book are perfect for bringing back the familiar foods of childhood (cream of tomato) or introducing you to an unexplored cuisine (leblebi or soto ayam).



ONE DISH MEALS

$35

One Dish Meals is an invitation to cook simply and cook well all year round. This book will take you on a culinary journey to sample the hearty and filling fare enjoyed at family tables around the world, including traditional favorites like curries, noodle pots, egg dishes, moussaka, and pizzas.

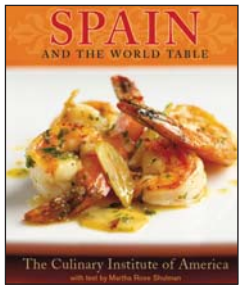
Simmer a soup at the back of your stove as a way to try your hand at the relaxed pace of one dish cooking…or try simple suppers made in the skillet or wok when your schedule is more hectic. Then, compose rich and savory braises and stews meant for taking the chill out of winter's bite…or choose one of the sandwiches or salads bursting with bold flavors when the weather turns balmy. With more than 150 kitchen-tested recipes to choose from, you'll always find the perfect one dish meal.

NEW! SEASONS IN THE WINE COUNTRY

$27.50

Let the expert chefs of the CIA lead you through the unique seasonal flavors of California wine country. Taste the freshness of spring in lemon-glazed pound cake with rose water strawberries. Sweet white corn soup with crab and chive oil is summer's color and heat in a bowl, and Cabernet-braised short ribs with Swiss chard and orecchiette is the perfect slow-cooker, stick-to-your-ribs supper for a chilly winter Sunday.

With simple step-by-step instructions from the world's foremost culinary authorities, you'll soon be cooking like a seasoned chef. Seasons in the Wine Country includes primers on culinary techniques and equipment, information on wine varieties from rosé to Cabernet, and suggestions for pairing each meal with a complementary wine. Eat, drink, and cook the good life with this exciting release.



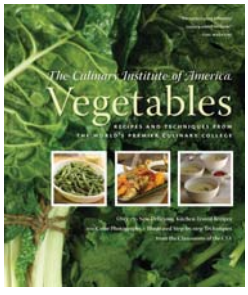
SPAIN AND THE WORLD TABLE

$35

Spain and the World Table brings the excitement, passion, and innovation of Spanish cooking right into your home kitchen.

Award-winning cookbook author Martha Rose Schulman joins the CIA in presenting 125 accessible recipes, from Manchego cheese and potato croquettes with quince sauce to escabeche of halibut with a "salsa" of Marcona almonds, raisins, and Serrano ham.

With stunning full-color photography, lively explorations of the country's distinct culinary regions, and chefs' techniques for cooking with classic Spanish ingredients such as wine and sherry, cheese, olives, olive oil, and salt cod, *Spain and the World Table* is an essential addition to any cook's library.



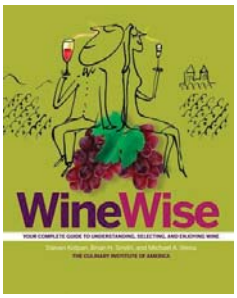
VEGETABLES

$40

The award-winning CIA *Vegetables* book is a compilation of comfortable favorites and intriguing new presentations that will appeal to everyone from the seasoned vegetable aficionado to someone who is just beginning to explore the vegetable kingdom.

You'll learn how to select vegetables like a professional, whether you're buying a daily staple like onions or broccoli, or trying something new like collards or okra. *Vegetables* will get you off to a good start with a comprehensive chapter filled with information about specific vegetables arranged from A to Z, as well as charts, tips, and tricks you can use to add a personal touch to every dish.

With the more than 170 recipes you'll find in *Vegetables*, you're sure to find just the right dish for the occasion–a simple supper for a busy weeknight, slow-simmered braises for chilly autumn weather, or elegant appetizers and sautés for a special dinner.



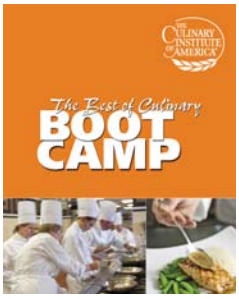
WINEWISE

$29.95

WineWise gives you the knowledge and confidence you need to get more enjoyment out of wine. It shows you how to get past conventional wisdom and wine snobbery, broaden your wine horizons, and find delicious, affordably priced bottles that make everyday meals more pleasurable.

The book is peppered with tips and advice that you'll find nowhere else–surprising insights that encourage you to step off the beaten path and explore all that the world of wine has to offer. To help you in your journey, the authors offer their own personal lists of great "WineWise" bargains–more than 650 mostly $15-and-under bottles from around the world. With this cornucopia of terrific choices and savvy guidance, *WineWise* gives you everything you need to boost your wine IQ and get more pleasure out of every bottle you drink.

DVDs

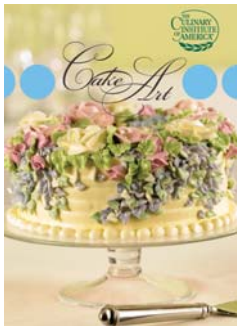


BEST OF CULINARY BOOT CAMP

$19.95

Whether you're just thinking about taking your first Boot Camp program or you're a seasoned veteran eager to revisit the excitement and camaraderie of the CIA kitchens, you'll want to own *Best of Culinary Boot Camp*. It's a must-have for the hard-core food enthusiast.

Join Chefs John DeShetler, Hinnerk von Bargen, and David Kamen in the CIA kitchens as they teach the fundamental techniques students learn in our popular Culinary Boot Camp program. The DVD includes step-by-step, demonstration-based learning modules for everything from braising osso buco to creating the perfect consommé. Plus, "Chef D" takes you on a behind-the-scenes tour of the CIA storeroom!



CAKE ART

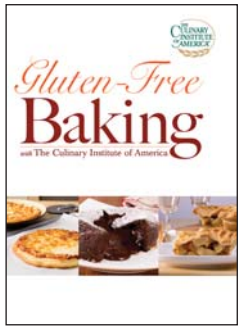
$24.95

Cake decorating isn't just for professionals. You too can create spectacular-looking cakes and cupcakes with guidance from the chef-instructors of the CIA. From buttercream roses and fondant-wrapped cakes to colorful cupcakes, the *Cake Art* DVD provides step-by-step instructions to produce show-stopping creations.

With a focus on decorating mediums, techniques, and equipment, *Cake Art* shows you how to prepare several items featured in the CIA *Cake Art* cookbook (page 58), including the gift-wrapped cake, buttercream roses cake, and buttercream flowers cupcakes. Demonstration-based lessons offer detailed video featuring the following techniques:

- Preparing buttercream, with tips for delicious and attractive results.
- Creating single and multicolored buttercream designs using different piping tips.
- Covering a cake with decorative fondant.
- Making a selection of fondant decorations.
- Writing and painting fun and simple images using food coloring.

Featuring the decorating insights of Chefs Kate Cavotti and Alison McLoughlin of the prestigious CIA baking and pastry arts faculty, the *Cake Art* DVD will give you the skills you need to create amazing cakes and cupcakes for all your special events.



GLUTEN-FREE BAKING

$24.95

Following the successful release of his *Gluten-Free Baking* book (page 60), Chef Richard Coppedge now offers step-by-step advice in this companion DVD.

Employing Chef Coppedge's five flour blends, you will learn to make delicious baked goods using alternatives to gluten. You'll also learn to prepare molten lava cakes, 1-2-3 cookie dough, pizza crust, pancakes, pie dough, and bagels. And you will even discover the secret to thickening soups and sauces using gluten-free roux. Highlights of the DVD include in-depth explanations of gluten-free flour blends, hands-on demonstrations of selected recipes, and tips on flour-blend handling and storage.

Cover Recipe

To help celebrate the opening of the chocolate laboratory at Greystone, we'd like to share one of our favorite recipes from Chocolates and Confections at Home. *Not only is it easy to prepare, it's also versatile, just like chocolate should be. T'ings are the perfect way to take advantage of tempered chocolate left over after making other chocolates. Or, you can use coating chocolate (also known as compound coating, candy melts, etc.) commonly found at specialty and craft stores. One of the greatest appeals of this recipe is that there's no real need to measure; just spoon any leftover chocolate in bite-size pools and place the garnish of your choice on the tops. The possibilities are endless!*

T'ings

Makes 25 pieces

4 ounces (3/8 cup) milk, dark, or white chocolate, tempered, or coating chocolate, melted
1 ounce (1/4 cup) chopped nuts or dried or candied fruit, for topping

Line a sheet pan with parchment paper.

Using a teaspoon, drop the tempered chocolate in half-dollar-size pieces onto the sheet pan. Place the desired garnishes on the pools of chocolate before they begin to set.

Allow the t'ings to set fully before releasing from the paper.

Keys to Success

- If you think you might have leftover tempered chocolate, prepare the toppings for the t'ings ahead of time.
- Make certain that the toppings are at room temperature before putting them on the chocolate; very hot or very cold toppings will not give good results.
- Be sure to put the toppings on the t'ings before the chocolate sets.

Suggested Combinations

- White chocolate with dried cherries and pistachios
- Milk chocolate with macadamias and candied pineapple
- Dark chocolate with toasted hazelnuts and dried apricots

Source: The CIA cookbook *Chocolates and Confections at Home*

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Making A Difference

If you've taken a course at the CIA, you know what a special place it is. But what you may *not* know is that we're a not-for-profit college—and that our degree program students rely on the support of the CIA "family" to help them realize their dream of a culinary career.

Ed and Joanne Shapoff are devoted members of our family. Allies of the school for 14 years and generous donors to the A Taste of the CIA Endowed Scholarship, these veteran food enthusiasts recently attended Culinary Boot Camp—Basic Training at the Hyde Park, NY campus. They rolled up their sleeves and plunged in, happily taking part in the cornerstone program of the CIA's Continuing Education Division.

"We know a high percentage of CIA students need support," Ed says. "So it seems natural to want to contribute. When you realize a lack of money could deny a student enrollment in the degree program, you understand how the CIA scholarship makes culinary dreams come true."

If you would like to make a gift to the A Taste of the CIA Endowed Scholarship Fund, go to www.ciagiving.org or contact Mame Dimock, director of individual giving, at 845-451-1460 or m_dimock@culinary.edu.

HOW TO REGISTER

Classes fill up quickly, so register early! In-person registration is not required. Please note that enrollment is guaranteed only upon written confirmation from The Culinary Institute of America.

BY PHONE: Call **1-888-995-1699** during business hours (Monday–Friday, 7 a.m.–11 p.m. EST and Saturday–Sunday, 9 a.m–9 p.m. EST). Please have your course and credit card information ready when you call. We accept Visa, MasterCard, American Express, and Discover.

VIA THE INTERNET: Log on to the college's Web site at **www.ciachef.edu/enthusiasts** to register for any of our programs using your Visa, MasterCard, American Express, or Discover card.

COURSE CANCELLATIONS/CHANGES

The Culinary Institute of America reserves the right to cancel or limit the size of any class and to alter its curriculum, instructor assignments, tuition, fees, and policies. As a full-time culinary college, occasionally we will need to postpone a class due to facility and/or faculty changes. We apologize for any inconvenience a postponement may cause and will make every effort to reschedule the course or make other arrangements for you. We suggest you make travel arrangements after you have received your course confirmation. In addition, the CIA reserves the right to alter course times (from a.m. to p.m. or vice versa) up to three weeks before the class start date.

"I don't often compliment customer service departments, but the friendliness of the CIA staff and the service I received was commendable. Thank you again for all of your help in assisting me; your knowledge and experience was greatly appreciated."

–Larry Miller, Chestnut Grove, NC

DOWNLOAD YOUR FAVORITE CELEBRITY CHEF

Have you ever wondered what it takes to make it to the top of the culinary world? Let some of the CIA's most famous graduates tell you in their own words. In our podcast series "Insight from the Inside," Iron Chefs Cat Cora and Michael Symon, Top Chefs Ilan Hall and Hung Huynh, Ace of Cakes Duff Goldman, and others share their secrets for success in the professional kitchen.

Give your cooking a dash of inspiration–visit **www.ciachef.edu/podcasts.**

AGE REQUIREMENTS

Please note that all programs have a minimum age requirement of 21 unless otherwise noted.

TUITION REFUND POLICY—ALL PROGRAMS

At least 15 days prior to start date–Full refund

14 days or fewer prior to start date–We'd be happy to transfer you to another date; however, no refunds will be available.

TRAVEL DIRECTIONS

For detailed travel directions, please visit the CIA Web site:

- Hyde Park, NY campus–www.ciachef.edu/visitors/hp/directions
- St. Helena, CA campus–www.ciachef.edu/visitors/gs/directions
- San Antonio, TX campus–www.ciachef.edu/sanantonio/directions.asp

WHERE TO STAY

Hotels, inns, and resorts fill up quickly, particularly in California's Wine Country, so please make your reservation early.

Some hotels offer CIA preferred pricing; be sure to mention that you will be attending a CIA program when you reserve your room.

Visit our Web site for listings of accommodations:

- Hyde Park, NY campus–www.ciachef.edu/visitors/hp/stay.asp
- St. Helena, CA campus–www.ciachef.edu/visitors/gs/stay
- San Antonio, TX campus–www.ciachef.edu/visitors/sanantonio/stay.asp

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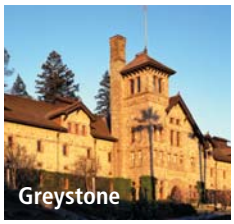
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